

# Discover *coaching*

with

*Jules* WYMAN 

CONFIDENCE COACH & SPEAKER. CREATOR OF THE T.R.U.S.T. SYSTEM

*“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma - which is living with the results of other people’s thinking. Don’t let the noise of others opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary”*

**Steve Jobs**

*“Nothing in the world is worth having or worth doing unless it means effort...”*

**Theodore Roosevelt**

## **Coaching is...**

*“Partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential, which is particularly important in today’s uncertain and complex environment.”*

**Definition by International Coaching Federation**



If you are looking for someone to counsel you, validate your current thinking and mop your brow with a 'there, there.' Then you may want to save your time reading this.

"Jules is the **Gok Wan** of the coaching world - **approachable, dynamic** to work with and there is **no where to hide** from your gremlins. She has the ability to **open your perception up** to the inner self and provide the challenge to allow you to **find the confidence to explore the solution that you need.**"

**Senior Officer. NHS England**

*Jules' coaching is based in a number of methodologies. After years of training and working with clients, it now reaches beyond the purist coaching model to help you understand resilience, gain certainty in uncertain times and take confidence to a new authentic level, i.e. no more 'faking it'!*

*Jules is your greatest supporter. She knows through personal experience that without challenge there is limited growth. Using her "no nonsense delivery of what is expected." Jules will share with you a number of tools and techniques "that will help shift your perspective and attitude towards your situation." Whoever you are, whatever your desired change she will do all she can to facilitate you to stay focused on what you want. After all it's your life.*

*For Jules being a coach means holding up a mirror for you. Reflecting perspectives, possibilities and opportunities, that you may well not see. Through each coaching conversation insights create a new experience of life, and for many the chance to access their inner wisdom.*

"Jules is **the best listener I have ever come across** and her ability to get you to see and **understand your core issues** and then **provide practical methods for you to resolve** them is frankly brilliant. I can't count the number of **revelations** I've experienced. Her ability to explain concepts, ask questions that open doors in your mind and help you see the truth is second to none. I have no hesitation in recommending her coaching ability to anybody."

**Director of Finance. London**

# What to expect

There are no magic wands or silver bullets in the coaching process, and your coach can not do the work for you. Just in the same way that a personal trainer can not lose the weight or gain new fitness levels for you. You have to be committed, show up and do what's required.

The joy of coaching is that when you do commit, show up and do what's required 'magic' does happen, in the sense that **lives do change!**

*"The sessions were full of a variety of emotions, fun and laughter, tears and some very serious moments but throughout the sessions it felt **very safe and very supportive**. There were **a number of light bulb moments** where I made a **break-through** in support of my direction of travel.*

*At the end of six months I can honestly say that it has been a very thought provoking, meaningful and thoroughly enjoyable experience. I now feel, personally I have **a more positive outlook on where I am**, what I want to achieve and how I intend to **move forward**. I have what I would describe as **an inner peace, clarity and self-confidence** in what I can achieve and what I have achieved over recent months. Jules thank you, its been an absolute pleasure and one I would not hesitate to do again !"*

**Health Professional. Yorkshire**

As your coach Jules' expectations are simple. She expects your commitment to extend beyond the coaching session. Taking time to contemplate and apply new insights. She only works with clients who have a willingness to commit.

*"If you want a flat stomach  
**you have to do the work both in and out of the gym!"***

Anon

# About Jules



*Jules experienced coaching first hand on transitioning from a ten year career into the unknown. Her curiosity and personal quest for clarity, direction and confidence led to her becoming one of the UK's leading experts on confidence, appearing on BBC Breakfast television and being voted Britain's Next Top Female Coach.*

*More than 75% of women cite their lack of confidence and self belief as impacting them negatively in their professional and/or personal lives. In 2010 98% of executives (mixed gender) placed 'lack of self belief' as the no. 1 need for coaching.*

*Confidence for many is misunderstood and yet much sort after. Whether it's having confidence to ask for promotion, speaking out at a meeting, dealing with uncertainty and change, facing health or financial challenges or dealing with difficult relationships. Confidence (or lack of it!) can, and does, show up in a variety of guises creating discomfort, stress, unhappiness, depression and the sense of feeling stuck.*

*“Light bulb moments come from a shift in perspective. This can happen in the shower, or anywhere! The ripple effect is felt in all aspects of life”*



## 1:1 Coaching

Coaching takes place face to face or via phone or Skype. There is a 3 month minimum commitment and most clients commit for 6 -12 months. Once the coaching programme feels complete, clients often return for top-ups or to start a new programme.

All packages have 2 hour monthly coaching this can either be taken as 1 or 2 hour session. In addition clients have email and phone access for 'laser coaching' issues that arise during the coaching period.

*"The coaching I have received from Jules has made a **significant impact** on how I approach my work and home life. Jules gave me the **time and space to truly reflect** on the behaviours and feelings that were clouding my vision. Through her **warm and open approach** she challenged my beliefs and helped me to see the wood from the trees and how to understand and recognise my own strengths and manage areas of development. As a result of our time together, **I have a totally different approach** to all aspects of my working life. I can now reflect on who I was and where I have come to with great appreciation and thanks for the amazing toolkit that Jules provided to support me both personally and professionally. **A truly valuable and inspiring learning journey.***

**Business Development Manager. Nottingham**

*" During the time that I've been working with Jules I **have progressed and developed beyond belief.** All the work that I've been doing comes directly from my own needs and ideas with Jules helping to shape my thoughts as we go along. Thus, I feel totally involved all the time and am never pushed further than I'd like to go."*

**Education Professional. West Yorkshire**

## Group Coaching & Facilitation

Positive Belief Limited also offers in house and open coaching programmes. In house programmes focus on specific, desired results. These programmes are created with consultation of Jules and key organisation members.

This format of coaching is grounded in an experiential approach, where participants are engaged and in control of their learning (and agendas). As well, group coaching also means a participatory program – where participants are actively involved throughout. These can also be delivered either face to face or via conference link up.

There is a minimum 3 day programme, which includes 1:1 coaching, full facilitation day and follow up. Other programmes run for 6 months and include 60 - 90 mins group calls, pre and post 1:1 coaching sessions and training books.





Do you know you want to change but don't know where to start?

Are you tired of feeling stuck or lost, but don't really have a clear picture of what you want?

Do you want to feel comfortable in your own skin, yet doubt and self criticism are daily practices?

Does this sound like you?

Then you could be *ready for coaching!*

Are you ready to take full responsibility for your life?

Are you ready to be real & honest?

Are you ready to explore what's holding you back, so you can step out of self doubt and into *self belief, confidence* and *the life you desire?*

Coaching fees vary on which programme suits your specific needs and the only way for us to discover what they are is to have a coaching conversation with Jules.

Coaching isn't for everyone. Every programme takes effort and time. (Seriously there is no magic wand!) Are you ready to put that time and effort in to yourself, for yourself and be fully supported throughout that process?

**Then you are** *ready for coaching!*

Contact Jules now for your *coaching conversation*

**[info@positive-belief.co.uk](mailto:info@positive-belief.co.uk)**

Please put '**Coaching Conversation**' as the subject heading and we will get you booked!

