



MASTERING
awareness

One-to-one coaching

Personalised space,

crafted just for you!



Whether you're navigating career, leadership, life transitions, or relationships, this is your space to pause, reflect and move forward, on your terms.

Lead and live with greater clarity,
confidence and fulfilment.



Tired, Stuck, Unsure? Let's Change That.

If you're feeling exhausted, overwhelmed, trapped in cycles of overthinking, have had your confidence knocked or simply unfulfilled in your career or life, you are not alone.

Many ambitious professionals silently carry the weight of burnout, uncertainty, self-doubt and the relentless juggle of work and life.

So how do you move forward? After years immersed in research and psychoanalytic insight into what underpins our struggles during challenging times, I've coached many professionals & executives through complex transitions. I find, it's not just what's holding you back, but who? And often, it's the version of yourself, shaped by pressure, external judgement, fear or past experiences that needs attention.

What I offer is a rare: one-to-one space, that balances empathy and challenge, tailored to you, with your needs, context and potential at the centre. I have capacity to work with only 6 clients at any point in time, allowing me to offer dedicated space and attention to you.

Together, we'll uncover what's standing in your way, so you can experience lasting peace of mind and unlock the clarity, confidence and direction you've been searching for.

Join me on a holistic journey to move through challenge, confusion, loss, imposter syndrome, and step into a more fulfilling, satisfying version of you. Secure your place before this years offer is gone!

A bit about me and what I bring

With over 20 years' experience across inclusive leadership development, coaching, corporate scientific research and 12 years as founder, I bring creativity and insight to my work.

I offer a warm, grounded, yet insightful space for meaningful change. Together, we'll work through life's complexities; professionally and personally.



Five interconnecting areas I offer support



- Leadership – Develop presence, confidence and clarity
- Career – Explore purpose and navigate change
- Family – Rebuild, reconnect or set healthy boundaries
- Friendships – Strengthen connection and resolve tension
- Lifestyle – Clarify priorities and live with intention

I have supported clients in these areas:

- Leadership progression
- Career transition planning
- Managing team dynamics
- Building confidence
- Preparing for interviews
- Addressing professional pain points
- Identifying purpose and areas of interest
- Exploring challenges from childhood experiences
- Navigating difficult relationships
- Re-building confidence after loss or grief
- Managing stress and anxiety
- Lifestyle overview & realignment
- One-off decision-making sessions

If you're eager to cultivate a strong sense of self that remains unshaken by external validation, maintain your power, authenticity and integrity during challenging times, with peace of mind, don't hesitate to reach out for a complimentary, no-obligation discovery chat.

This is a unique, high-impact opportunity available at exceptional rates, designed to provide you with lasting peace of mind and unlock the potential you've been striving for.

Why work with me

I'm a senior EMCC (European Mentoring and Coaching Council) accredited coach, trained in Adlerian Psychotherapy.

Beyond the credentials. I bring something more. I hold space for meaningful, courageous long-lasting transformation.

This confidential, empathetic yet challenging space allows you to explore discomfort, make sense of your story, and shape what comes next; with insight, structure, and intention.

What is Next?

If this space feels right for you, I invite you into a conversation so we can explore your goals and shape a coaching pathway that fits your needs.

If pricing is something you'd like clarity on before we speak, simply email for more information. We're transparent in our approach and committed to partnering with clients in a way that feels aligned and supportive.



Explore more about our work on [Google](#) or [Trustpilot](#)

Email us at admin@masteringawareness.com