



**80%** of coaching clients notice an improvement in their self-confidence.<sup>1</sup>

“ Emma is a keen listener. Her ability to offer clarity to complex situations and identify the positives has helped me to regain my confidence. I am so glad to have met Emma when my confidence level was at rock bottom, not knowing what my strengths are and constantly self-doubting. Emma helped rebuild my confidence by bringing different perspectives to my issues and teaching me to look into my “toolbox” to find my strengths. ”

**-Communications Manager, Singapore**

**Is your lack of confidence stopping you from achieving the career and life you want?**

**Are you struggling to step out of your comfort zone and take risks that will help grow your career?**

**Does presenting to clients fill you with fear or do you struggle to speak up in meetings?**

**Do you wish you had the confidence to be more assertive?**

## **Coaching with Emma will enable you to build up your confidence to have the life and career you want.**

Drawing on 20+ years of experience guiding professionals through the recruitment process and her coaching qualifications from the International Coaching Federation (ICF), the Institute of Executive Coaching and Leadership (IECL), and Firework, Emma will show you how to move out of your comfort zone, take risks and build the inner confidence to succeed.

With a range of tools and exercises, Emma will help you recognise your talent and potential, understand how to say no and manage your boundaries so that you can say yes to things that bring you joy and will grow your career.

Across 6 coaching sessions, Emma Dale will provide practical, bespoke strategies to build your confidence and turbocharge your career.

### **Coaching sessions will include\*:**

- Identifying your strengths and key achievements
- Communicating your value
- Managing imposter syndrome
- Moving out of your comfort zone by facing your fears
- Establishing an inner circle or support network
- Saying 'no' and creating boundaries

After completing **The Female Confidence Booster** programme, you will have a toolkit jam packed with strategies to exude confidence in any workplace scenario, and accountability to put the strategies into practice. With confidence, there is no limit to your achievements.

\*May change based on the specific needs and priorities of the individual

<sup>1</sup>ICF Survey