



Jo Blakeley Training

A Personal Approach to Professional Growth

The Breakthrough Framework™



**Get Your Talent Ready to Lead from the
Inside Out**

THE BREAKTHROUGH FRAMEWORK™

The Breakthrough Framework™ is a mindset-first leadership programme that builds confident, high-impact leaders by working where it matters most: beneath the surface.

Developed by Jo Blakeley – an experienced coach, trainer, and author with over 20 years in learning and development – the Framework blends deep psychological insight, practical tools, and structured delivery into one powerful, transformational journey.

Through three progressive stages, your future leaders will build the confidence, communication, and leadership capability to lead with authenticity, clarity, and courage. Using a blended approach of immersive in-person training, virtual coaching, online resources, and real-world practice, the programme creates sustainable change. With built-in reflection and accountability, this isn't about ticking a box, it's about embedding confident, consistent leadership that lasts.



How The Breakthrough Framework™ Works

The Framework is a flexible, modular development pathway built around three core stages: Self-Mastery, Other-Mastery, and Team-Mastery. Together, they form a transformational year-long journey, but each stage can also be delivered as a powerful stand-alone intervention, depending on your needs. You can choose the complete programme, select an individual module, or create a custom blend of topics and formats to suit your goals, and timeline.



Who It's For

The Breakthrough Framework™ is designed to help you future-proof your talent and unlock your next generation of leaders.

Whether you're planning for succession, investing in emerging talent, or driving cultural change, this programme builds the clarity, confidence, and capability leaders need to thrive.

It's also ideal for those who are already capable, but something's holding them back. Their performance is inconsistent. They struggle to assert themselves. Or they don't quite inspire trust in others. This programme helps uncover what's blocking them and builds the tools, mindset, and presence to move forward with confidence.

Perfect for:

- High performers who are technically strong but need to build presence, resilience, and clear communication under pressure
- Future leaders ready for stretch roles who need a deeper, integrated development pathway
- Teams who don't need another generic leadership course, they need something practical, psychology-informed, and behaviourally transformative
- Organisations seeking a cost-effective, scalable solution for leadership capability, culture shift, or performance confidence

SELF-MASTERY:

The Confidence Breakthrough

At work, confidence isn't a 'nice-to-have', it's a key performance driver. Yet many capable professionals are held back by invisible, internal challenges like imposter syndrome, self-doubt, or fear of speaking up - quietly limiting their impact, despite their talent.



This programme takes an integrated, progressive approach designed to change behaviour, not just deliver information. Rooted in neuroscience and psychology, it offers a practical, mindset-first pathway that gives your people the tools to build lasting, self-led confidence from the inside out.

It's a high-impact experience that develops deep confidence, courage, resilience, and self-leadership. Participants uncover internal patterns, rewire unhelpful thinking, and learn to coach themselves through doubt, building the inner strength to lead with clarity, presence, and authenticity.

By Attending the Programme, Participants Will Be Able To:

- Project confidence, even under pressure
- Communicate assertively and with clarity
- Handle setbacks with resilience and bounce back quickly
- Coach themselves through self-doubt and unhelpful thinking
- Step outside their comfort zone with courage and self-belief
- Speak up in high-stakes situations with clarity, purpose, and presence

Structure (Full Programme)

- Two-day immersive (face-to-face)
- Access to the online programme (self-paced)
- The Confidence Breakthrough Book
- The Confidence Breakthrough Motivational Cards

“I didn’t think I needed this course - I thought I was already confident and capable. But, if I’m honest, I was second-guessing myself, especially in high-pressure situations. This programme helped me understand what was really going on beneath the surface and gave me the tools to shift it. I now speak up without overthinking, back myself more, and communicate with a quiet confidence I didn’t have before. It’s genuinely transformational.”

Manger, Professional Services Firm

The Confidence Breakthrough: *The Companion Book*

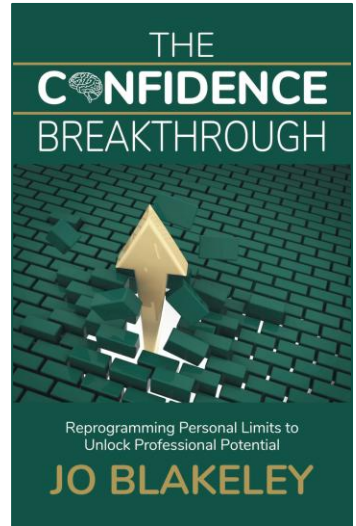
To reinforce their learning, delegates can use *The Confidence Breakthrough* book - a practical, accessible guide designed specifically to complement and accompany the course.

Whether used as pre-reading, post-programme reinforcement, or part of a blended learning approach, the book provides a tangible resource that extends the impact of the training well beyond the sessions.

It's also available as a standalone resource for teams looking to boost confidence through self-coaching and reflective development - ideal for learning libraries, wellbeing initiatives, or early-stage leadership support. The book helps participants:

- Revisit and embed key tools and strategies
- Reflect independently on their development journey
- Apply mindset shifts to real-world leadership challenges

Available as an optional course add-on, with discounted pricing for bulk orders or wider team access.



The Confidence Breakthrough: *Practical Tool for Ongoing Growth*

For teams who want to keep the momentum going long after the training ends, The Confidence Breakthrough Cards are a powerful, practical resource that helps embed key concepts from the course - one mindset shift at a time.

Each card offers a simple, accessible prompt to reframe unhelpful thinking, calm self-doubt, and spark confident, intentional action.

They're ideal for reinforcing learning through daily use, team reflections, or coaching conversations.

The cards can help individuals:

- Reframe negative self-talk into empowering beliefs
- Quiet overthinking and take courageous next steps
- Build emotional resilience and bounce back from setbacks
- Apply insights from the course in real-world situations

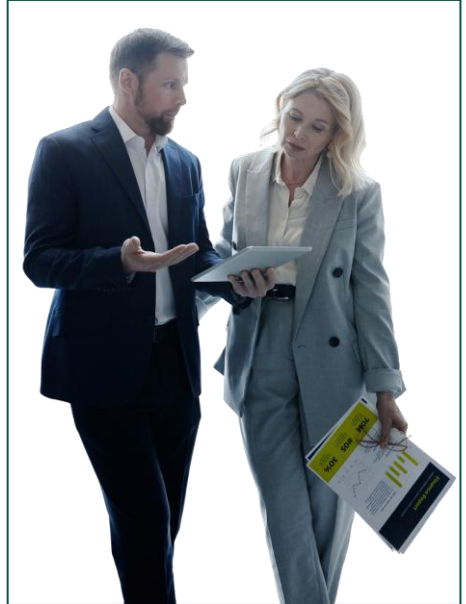
Available as an optional course add-on, with discounted pricing for bulk orders or wider team access.



OTHER-MASTERY:

The Communication Breakthrough

Communication isn't just about talking, it's about truly connecting. Yet many professionals rely on surface-level strategies, missing the deeper insight needed to influence, support, and lead others effectively. Without understanding how others think, feel, and respond, even the most well-intentioned conversations can fall flat, or create unnecessary conflict.



This programme takes a mindset-first approach to communication, rooted in coaching-style conversations. Participants learn how to read non-verbal cues, listen beyond the words, and ask high-quality questions that get to the heart of what matters. They'll discover how to connect at a deeper level, build trust faster, and flex their communication style with empathy and intent.

It's a powerful shift from simply delivering messages to creating genuine understanding - a skillset that transforms leadership, collaboration, and culture.

By Attending the Programme, Participants Will Be Able To:

- Build rapport both consciously and unconsciously
- Listen deeply, without personal bias or assumptions
- Ask powerful, coaching-style questions that unlock insight
- Coach others through self-doubt and unhelpful thinking
- Adapt their language and style to influence more effectively
- Create collaborative, win-win outcomes rooted in mutual understanding

Structure (Full Programme)

- Three-day immersive (face-to-face)
- Virtual one-to-one coaching session with Jo
- Virtual peer practice sessions
- One-day immersive (face-to-face)

“I thought I was a good communicator, but I now realise I was mostly talking and making assumptions. Learning to communicate with a coaching mindset changed everything. This programme taught me to truly listen, ask better questions, and connect with others in a meaningful way. This is essential for anyone managing people.”

Team Lead, Technology Company

TEAM-MASTERY:

The Leadership Breakthrough Programme

Great leadership isn't about status, it's about impact. Yet many talented professionals step into leadership roles without the mindset or practical tools they need to thrive. The result? Missed opportunities, stalled progress, and conversations that fall flat instead of inspiring action.



Having completed the first two stages of The Breakthrough Framework™, participants now have the self-awareness and interpersonal insight to take their leadership to the next level. This is where mindset becomes action.

Through this programme, managers transform into high-impact leaders who foster a culture of growth, trust, and accountability. They'll continue to build inner confidence and strengthen outer communication by applying both to the real-world skills that leadership demands - from delivering impactful presentations and influencing stakeholders, to motivating teams and holding effective, high-performance conversations.

By Attending the Programme, Participants Will Be Able To:

- Influence across the business using stakeholder-aware strategies
- Present ideas with presence and purpose
- Hold honest, high-impact performance conversations
- Navigate difficult conversations while preserving trust and safety
- Drive engagement and motivation in uncertain or high-pressure settings
- Align teams around shared values, goals, and vision

Structure (Full Programme)

- Three-day immersive (face-to-face)
- One-to-one leadership coaching session
- The Breakthrough Leadership Toolkit (digital or print)
- Optional follow-up coaching or peer-led application sessions

"The coaching techniques, the frameworks, the mindset tools – they've all made me a more confident, emotionally intelligent leader. I'm having better conversations, getting better results, and my team feels it too."

Senior Manager, Financial Services

OTHER COURSES:

Looking for Something More Targeted?

The Breakthrough Framework™ delivers a powerful, end-to-end development journey, but not every team needs the full pathway. That's why I offer a suite of stand-alone short courses – ideal for organisations looking to build capability in specific areas, fast.

Whether delivered as masterclasses, modular workshops, or bite-sized learning, each course blends mindset, skillset, and real-world application to create lasting change.

All sessions can be tailored to your goals, culture, and internal frameworks – giving you the flexibility to design the right solution for your people.



Short Courses That Create Real Change

- **Assert Yourself with Confidence**

Build the clarity, courage, and presence to speak up and navigate challenging conversations with professionalism.

- **Self-Management for Success**

Strengthen emotional regulation, focus, and resilience under pressure for more consistent personal performance.

- **Perfectly-Pitched Presentations**

Deliver presentations with clarity, presence, and confidence, whether in boardrooms or team meetings.

- **Advanced Communication Skills**

Go beyond surface-level communication by listening deeply, responding with empathy, and connecting with impact.

- **Influencing Strategies**

Learn how to tailor your message and approach to drive alignment, buy-in, and action across diverse audiences.

- **Performance Management**

Hold honest, motivating performance conversations that support accountability, growth, and trust.

- **Coaching for Success**

Use coaching tools to empower and grow your people – even without a formal coaching role.

Want help choosing the right mix?

Whether you're after bite-sized learning, an immersive workshop, or something in between – I'll help you design a solution that delivers real results, fast.

About Jo

I work with professionals as individuals because true development starts with the person, not just the skills. Staying small and independent allows me to keep every programme personal, agile, and focused on what really matters: meaningful breakthroughs that spark lasting change.



Tailored, Practical, and Results-Driven

Every training experience is customised around your team's real challenges and goals, delivered with energy and practical tools that stick. Whether in-person, virtual, or online, my approach blends mindset science and coaching principles to inspire people and equip them to apply what they've learned immediately.