

Suitability Guidance for The Confidence Breakthrough Programme



Suitability Guidance

Before enrolling in *The Confidence Breakthrough Programme*, please take a moment to review the information below to ensure the course is appropriate for your current needs and circumstances.

Is This Course Right for You?

This is a structured personal development programme designed to help you understand and rewire the hidden patterns that influence your confidence, assertiveness, courage and resilience in professional settings.

Over 12 progressive modules, you will:

- Explore the science of the mind – understanding how subconscious programming and automatic thought patterns shape behaviour.
- Identify and overcome self-sabotage – such as perfectionism, avoidance, and overworking.
- Build practical skills – including body language, assertive communication, and cognitive reframing.
- Create personalised action plans – using powerful self-coaching tools to shift how you think, feel, and show up at work.

You'll be supported throughout the course by fictional characters like Sam and her team, who bring real-world scenarios to life and help you apply key ideas in relatable ways.

What This Course Is Not

This programme is not a replacement for mental health support or therapy. Specifically:

- It does not diagnose or treat psychological conditions.
- It is not suitable for individuals in acute emotional distress or crisis.
- It is not a substitute for working with a qualified mental health professional.

If you are currently experiencing persistent anxiety, depression, trauma symptoms, or emotional overwhelm, please speak with your GP, therapist, or mental health provider before enrolling.

Who This Course Is Designed For

- Professionals held back by low confidence, self-doubt, or people-pleasing.
- Individuals ready to understand and reshape their thinking patterns.
- Those functioning well in everyday life but wanting to feel more confident, assertive, and resilient at work.

Eligibility Requirements

To enrol, you must:

- Be aged 18 or over.
- Be functioning well in daily life and not currently in crisis.
- Be able to engage in reflective learning without the need for immediate clinical support.

If You're Unsure

This course may not be suitable if you are currently experiencing:

- High levels of emotional distress
- Symptoms of a mental health condition (e.g. depression, anxiety, PTSD)
- Unresolved trauma or instability in daily functioning

We strongly recommend that you:

- Speak to your GP or healthcare provider, or
- Consult a licensed mental health professional before enrolling.

Your wellbeing is our top priority. Please make an informed decision with the right support in place.

Book a Free Suitability Call (Optional)

Committing to a confidence programme is a meaningful step, and we want you to feel informed and supported in your decision.

We offer a free 15-minute Suitability Call, with no obligation to enrol.

During the call, we'll briefly explore:

- Why you're considering the course
- Any specific challenges you're facing around confidence, assertiveness, courage, or resilience
- What you're hoping to achieve
- Whether this course is the right fit for your current needs

If it's not the best match, we'll suggest alternative next steps or signpost you to more suitable support.

Who You'll Speak To

You'll speak directly with Jo Blakeley, the course creator and programme guide. Jo takes a compassionate, non-judgemental approach and will ensure you feel heard and supported from the very first step.

To book a call, email Jo at: Jo@JoBlakeleyTraining.co.uk
Please include a brief note explaining why you'd like a call.

You can also download your free [Full Programme Overview](#) for further information.