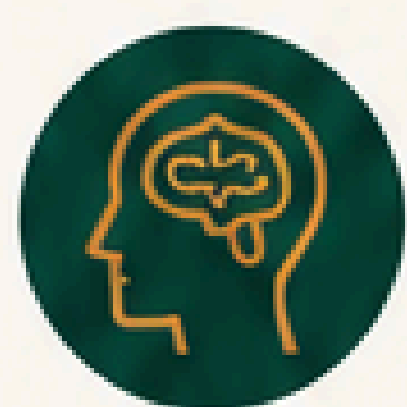


ONE-TO-ONE BREAKTHROUGH COACHING™

PERSONALISED SUPPORT TO HELP YOU UNDERSTAND — AND CHANGE — THE DEEPER PATTERNS SHAPING YOUR CONFIDENCE, COMMUNICATION AND EMOTIONAL REACTIONS AT WORK.

These confidential one-to-one coaching sessions with Jo Blakeley provide you with a safe, supportive space to explore the hidden drivers behind self-doubt, overthinking, people-pleasing, imposter syndrome, avoidance and feeling professionally stuck.

Rather than simply focusing on surface-level strategies, Breakthrough Coaching™ helps you understand why you think, react and behave the way you do — so you can create deeper, more sustainable change.



WHAT COACHING CAN HELP YOU WITH

- ✓ self-doubt and overthinking
- ✓ imposter syndrome and comparison
- ✓ people-pleasing and difficulty setting boundaries
- ✓ emotional reactions under pressure
- ✓ communication and workplace confidence
- ✓ leadership confidence and self-trust
- ✓ avoidance, procrastination and second-guessing
- ✓ career transitions, visibility and identity shifts
- ✓ feeling professionally or personally stuck



JO'S APPROACH

Jo combines psychology, behavioural coaching, NLP and over 20 years of workplace development experience to help you uncover the hidden patterns shaping how you think, react and behave.

Her coaching blends insight, challenge and emotional safety — helping you build greater self-awareness, confidence and behavioural flexibility in both your professional and personal life.

Alongside one-to-one coaching, Jo has also developed her own coaching methodology and leadership development programmes — supporting organisations to build more effective coaching conversations, communication and behavioural awareness across teams and leaders.

Sessions are supportive, practical and deeply personalised, creating space for meaningful reflection alongside sustainable behavioural change.



FLEXIBLE. PERSONALISED. BUILT AROUND YOU.



Sessions are available virtually via Microsoft Teams.



Some people come to coaching for support with a specific challenge or situation.



Others choose longer-term support to help you understand and change deeper patterns that have been shaping your confidence, communication or behaviour for years.



Coaching is always tailored to you — with no pressure to commit beyond what feels helpful and meaningful for you.

“

Working with Jo helped me understand myself in a completely different way. What I thought was a confidence problem was actually a much deeper pattern affecting how I responded to pressure, feedback and other people. The coaching gave me clarity, self-trust and practical changes that genuinely transformed how I approach work and life.”



CLIENT FEEDBACK



READY TO EXPLORE WHAT'S REALLY HOLDING YOU BACK?

Arrange an initial chemistry conversation to explore whether Breakthrough Coaching™ is right for you.



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