

THE CONFIDENCE BREAKTHROUGH™

IN-PERSON WORKSHOPS FOR ORGANISATIONS

Expert-led behavioural development that builds confidence, improves communication and strengthens leadership across your organisation.

I help people understand the hidden patterns shaping how they think, react and communicate at work — so they can lead, connect and perform at their best.

These workshops combine psychology, behavioural coaching and practical workplace application to create meaningful, sustainable change that strengthens individual capability and delivers impact for your organisation.



“ Because people perform differently when they understand **why** — and **what might be getting in the way**.



WHY THIS APPROACH IS DIFFERENT

DEEPER UNDERSTANDING

I go beneath the surface to the hidden patterns, thoughts and beliefs that shape workplace behaviour.



PRACTICAL APPLICATION

Tools, strategies and coaching techniques your people can use straight away in real workplace situations.



SUSTAINABLE CHANGE

I address what might be stopping people from being more assertive, setting boundaries, speaking up, being more visible or leading with greater confidence.



MEASURABLE IMPACT

Designed to create visible behavioural change that supports your key business objectives and culture.



WORKPLACE OUTCOMES

PARTICIPANTS OFTEN DEVELOP:

- ✓ Stronger communication and collaboration
- ✓ More confident leaders and teams
- ✓ Greater self-awareness under pressure
- ✓ Healthier feedback and conflict conversations
- ✓ Increased accountability, ownership and follow-through
- ✓ Better visibility, presence and influence
- ✓ Stronger resilience and adaptability during change
- ✓ Improved decision-making and performance

ORGANISATIONS OFTEN SEE IMPROVEMENTS IN:

- ✓ Communication culture
- ✓ Psychological safety
- ✓ Engagement and collaboration
- ✓ Leadership confidence
- ✓ Team dynamics
- ✓ Confidence during change and uncertainty
- ✓ Workplace relationships
- ✓ Self-awareness across teams and leaders

FLEXIBLE DELIVERY TAILORED TO YOUR ORGANISATION

I design and deliver workshops in the format that best fits your goals, team size and development priorities.



SHORT MASTERCLASSES

High-impact sessions focusing on one key topic or challenge.



HALF-DAY WORKSHOPS

Interactive workshops exploring two topics in-depth.



ONE-DAY WORKSHOPS

Immersive exploration of confidence, communication and leadership.



TWO-DAY PROGRAMMES

In-depth immersion designed to create lasting behavioural change.



MULTI-SESSION SERIES

Ongoing learning experiences that reinforce and embed new habits.



Delivered in person at your organisation or at an external venue. Virtual delivery is also available if preferred.



SEE HOW IT FITS INTO THE BREAKTHROUGH FRAMEWORK™

Download the Corporate Brochure to explore how The Confidence Breakthrough™, Communication Breakthrough™ and Leadership Breakthrough™ work together to strengthen confidence, communication and leadership across organisations.

[DOWNLOAD CORPORATE BROCHURE](#)



HAVE QUESTIONS OR WANT TO DISCUSS OPTIONS?

Email Jo to talk about your organisational priorities, workshop formats and the right approach for your people and your goals.

✉ Jo@JoBlakeleyTraining.co.uk