

# The Confidence Breakthrough™

## SELF-STUDY PROGRAMME



The Confidence Breakthrough™ book — Business Book Awards 2026 Finalist

A self-paced online programme designed to help you understand the hidden patterns shaping confidence, behaviour and performance at work — combining psychology-backed learning, practical tools and real-world application.



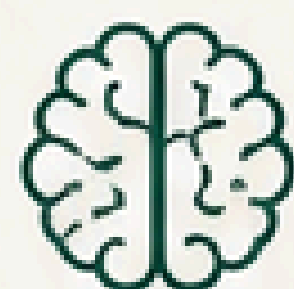
### FLEXIBLE. SELF-PACED. BUILT AROUND YOU.

Designed for busy professionals who want to learn on their own terms. Spend as much or as little time as you need on each module depending on where your needs lie. Revisit any lesson anytime. Learn when it suits you — not the other way around.

### THIS PROGRAMME IS FOR YOU IF YOU...

- ✓ Are short on time but ready for lasting change
- ✓ Want the flexibility to learn at your own pace
- ✓ Prefer bite-sized learning you can fit around life
- ✓ Want practical tools, not just theory
- ✓ Are ready to create better outcomes for yourself and your team

## WHAT YOU'LL LEARN



Understand the hidden patterns behind self-doubt, overthinking and self-sabotage.



Build confidence, assertiveness, courage and resilience that last.



Learn practical self-coaching and behavioural change tools you can use immediately.



Follow Sam and her team to see how changing yourself positively impacts your team, relationships and results.



Develop confidence that feels natural, sustainable and truly your own.

## WHAT'S INCLUDED



**12 STRUCTURED MODULES**  
A step-by-step journey through 12 transformative modules.



**80+ BITE-SIZED VIDEOS**  
Over 80+ on-demand videos of Jo delivering The Confidence Breakthrough™ content.



**FOLLOW SAM & HER TEAM**  
A story-led learning experience showing real workplace scenarios and the ripple effect of personal change.



**ACTION PLANS & ACTIVITIES**  
Lots of practical action plans, online interaction and activities to deepen understanding and embed lasting change.



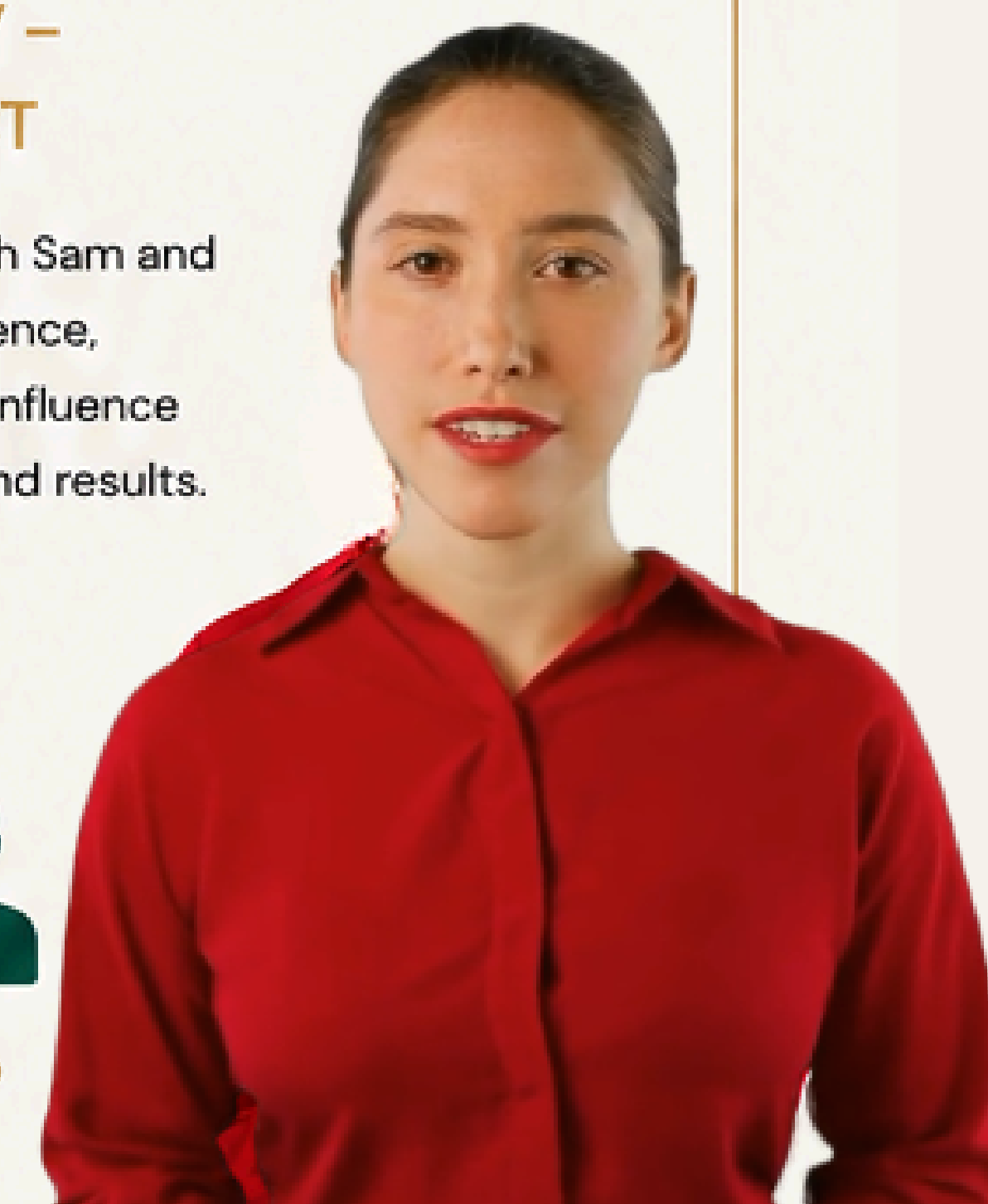
**12 MONTHS' ACCESS**  
Learn at your pace with a full 12 months' access to all materials and updates.



**7-DAY MONEY-BACK GUARANTEE**  
Try the first two modules risk-free. If it's not right for you, get a full refund within 7 days.

## MORE THAN THEORY — REAL-WORLD IMPACT

This isn't just about you. Through Sam and her team, you'll see how confidence, communication and behaviour influence team dynamics, relationships and results. When you change, everything around you can change too.



## A STEP-BY-STEP JOURNEY TO LASTING CONFIDENCE

1

**UNDERSTAND**  
Uncover the hidden forces shaping your mind and learn self-coaching to start creating change.



2

**BUILD**  
Master the four core skills: confidence, assertiveness, courage and resilience — and apply them in real life.



3

**REWIRE**  
Reprogram unhelpful patterns, overcome self-sabotage and build self-trust that lasts.



**PRINTED BOOK**  
Deepen your learning with the accompanying book.



**CONFIDENCE CARDS**  
Quick daily prompts to help you stay focused and confident.



**1:1 COACHING UPGRADE**  
Personalised support to accelerate your results and keep you accountable.



**Take your next step towards lasting confidence.**

Explore the self-study programme:  
[www.joblakeleytraining.co.uk](http://www.joblakeleytraining.co.uk)

“This programme helped me quiet the noise and focus on what really matters. I feel more grounded, more confident, and more like myself again.”  
A.D.