

THE CONFIDENCE BREAKTHROUGH™

LIVE VIRTUAL PROGRAMME



Jo Blakeley Training
PERSONAL APPROACH TO PROFESSIONAL GROWTH

UNDERSTANDING YOURSELF CHANGES EVERYTHING

Most people believe they need more confidence. In reality, confidence is often the outcome of something deeper.

People pleasing. Overthinking. Imposter syndrome. Avoiding difficult conversations. Worrying what other people think. These are often not the real problem. They are clues. Clues that hidden patterns may be shaping the way you think, react and behave without you even realising it.

The Confidence Breakthrough™ Live helps you uncover those patterns, understand what is driving them and create lasting change from the inside out.



The Confidence Breakthrough™ book —
Business Book Awards
2026 Finalist

The Confidence Breakthrough™ framework has taken over 20 years to develop and refine. Jo has delivered this work directly within organisations across multiple sectors for many years — and this is the first time the programme has been opened up to both individuals and professionals within organisations.



WHY THIS LIVE EXPERIENCE?

The real challenge of creating lasting change is understanding why we do what we do. That's why this Live experience combines:

- ✓ Live facilitated discussions
- ✓ Guided reflection and practical exercises
- ✓ Bite-sized video lessons between sessions
- ✓ Personal insight, support and accountability
- ✓ Real-world workplace application



WHAT YOU'LL LEARN

You'll gain a deeper understanding of the hidden patterns shaping the way you think, react and behave at work.

- ✓ Hidden patterns
- ✓ Confidence, communication and behaviour
- ✓ What sits underneath self-doubt
- ✓ How your mind filters reality
- ✓ Practical change tools
- ✓ Greater confidence, courage and resilience



HOW THE PROGRAMME WORKS

A blend of live facilitated discussion, video learning and reflection activities.

- ✓ Six live virtual sessions
- ✓ 60 minutes per session
- ✓ Maximum six participants
- ✓ Interactive discussion and facilitated learning
- ✓ Video learning and activities between sessions
- ✓ Digital copy of The Confidence Breakthrough™

(Shortlisted: Business Book Awards 2026)

A STEP-BY-STEP JOURNEY TO LASTING CONFIDENCE

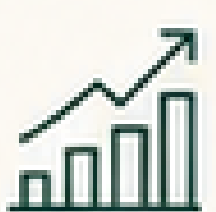
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RECOGNISE

Identify hidden patterns.

2



UNDERSTAND

Explore what's driving them.

3



TRANSFORM

Create lasting change from the inside out.

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I genuinely didn't realise how much of my overthinking and self-doubt was being driven by patterns I'd never recognised before.

That realisation felt profound — like finally understanding something about myself that had been affecting me for years.

Since doing the programme, I feel much more comfortable in myself, more confident at work and far less held back by my own thinking.

Manager Financial Services

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FOR INDIVIDUALS AND ORGANISATIONS



FOR INDIVIDUALS

For the first time, individuals can access the same programme, tools and insights that Jo has delivered within organisations across multiple sectors for over 20 years.



ALSO SUITABLE FOR ORGANISATIONAL SPONSORSHIP

Suitable for organisations wishing to invest in employees who would benefit from greater confidence, communication, resilience and workplace performance.



READY TO FIND OUT MORE?

Email Jo to ask a question, register your interest, find out upcoming dates or explore whether the programme is right for you.



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