

ONE-TO-ONE COACHING WITH JO BLAKELEY

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.

Coaching with Jo helps you understand why you think, react and behave the way you do - so you can develop practical ways to move forward and create 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 draws on psychology, behavioural coaching, NLP and over 20 years of workplace development experience to help you understand the patterns shaping how you think, react and behave.

Her coaching combines insight, thoughtful challenge and support to help you build self-awareness, develop confidence and explore different ways of responding to situations in your professional life.

Sessions are practical and personalised, giving you time to reflect, explore what matters to you and turn that understanding into actions you can take forward.



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



Let's explore what you'd like to change.

Get in touch to arrange a free initial conversation about what you're looking for and whether we'd be a good fit to work together.



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