

## **Inner Radiance**

With the warmer temperatures and the days becoming longer we start to peel off the winter layers. What we once hid under thick and woolly clothing we now expose for all to see. However, it is not only external appearances that we may want to change e.g. losing weight but also internal changes that we may want to change e.g. increasing our confidence.

When we feel good on the inside we radiate on the outside. Although we can look great if it doesn't match how we feel inside our body language can give us away.

As a Life Coach, Karen, will spend time with you listening to your doubts, fears and hopes. Often we limit our possibilities for confidence by not taking the opportunities presented to us because of "limiting" beliefs. These beliefs can take the form of "should, ought and must". "I should manage", "I must lose weight". Often these beliefs, or rules, have come from someone else's agenda. Ask yourself if you genuinely need or want to do these things.

Karen will guide you to tune into your strengths, values and roles. She will help you challenge those negative beliefs and put in place strategies that enhance your abilities and confidence.

So take this opportunity and book an appointment now to radiate your true self from both inside and out!