

Sharon Stone

# TRANSFORM YOUR LIFE IN 12 MONTHS



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Coaching & Mentoring

What do Oprah Winfrey, Tom Hanks, Sheryl Sandberg and Lady Gaga have in common?

If you believe all that you read, they have all suffered with self-doubt and Imposter Syndrome, in their lives.

Looking from afar at their success, that seems hard for most of us to believe. But you often read about the struggles that so many people who appear successful have - it is almost an epidemic.

I can definitely relate to this and this is why I love what I do.

Coaching and mentoring others to cut through the thoughts and emotions that hold them back is so rewarding.

Not feeling good enough, held me back in ways that I can only reflect on now and see how wrong I was.

While I don't have too many regrets (you can't change the past), I wish I had asked for more help along the way.

I know there are many people out there who feel the same about themselves no matter how outwardly successful they appear to be.

And while you may not have that particular problem, other issues such as anxiety or comparing yourself to others, can also play a large part in preventing you from living your best life.

Over the years I have learnt it's not about motivation or self control.

With the right emotional tools and frameworks, I believe we all have the power to make positive, impactful change.

That's why I am offering three spots in a 12-month coaching and mentoring program, starting in August. It's one-on-one, working together to help you to gain confidence and clarity to create the life you want and deserve.

What will you get?

We will work collaboratively using evidence-based solutions to help you make the changes you desire and ensure that we work towards the goals that are most important to you.

During our time together we will explore your successes and your strengths and discover what energises you.

You will also learn what tools help you to reduce that self-doubt as well as how to balance your weaknesses by using your strengths.

And if you want to change careers, we can work on that as well. Imagine at the end of 12 months having a new job and feeling energised, confident and in control!

I love helping people create authentic lives that leave them feeling energised and aligned to their values.

I also know how difficult it can be to allow yourself to be vulnerable and openly admit things to another person when you have buried them and not even admitted them to yourself.

I am here to support and encourage you, not judge.

It is possible to make changes that bring more confidence, self-belief, and peace to your life.

You have to be prepared to work at it though.

I've been there many times, reading the self-help book and thinking this time will be different. But unless you have the right tools, it's a challenge to stay on track.

If any of this resonates with you and you would like to know more, drop me an email or DM me for an exploratory chat.

But don't take my word for it, read below what others have said about my coaching programs

*What an inspiring, motivating and resourceful Coach Sharon turned out to be! After languishing for some time, without direction and with little self belief, Sharon was able to open up my awareness to my blocks, gave me tools to help me move forward and ignited a fire that burns bright to this day!*

*Her line of questioning was insightful and impeccable, allowing me to come to the realisation that the answers were already within me!*

*Today I am successful, happy, with a clear path forward and I owe that to Sharon's exceptional coaching skills. If you are not being coached by Sharon - why not? It will be the best investment you ever make!*

**Josephine**



*Sharon's offer is a wonderful combination of experience and empathy.*

*Her ability to connect and understand the individual circumstances for each of her clients allows her to support, encourage and coach enabling that person significant professional and personal growth.*

*A beautiful balance of compassion and knowledge combined with practical advice is Sharon's special talent .*

**Leanne**

*After working more than 32 years in the same very specialised industry it was time for a change.*

*However, I had no idea how to make the change. Sharon gave me the confidence to leave the industry by helping me to realise that I had multiple transferrable skills and my age was an advantage and not a disadvantage.*

*She gave me the courage to resign, and the confidence and skills to consider different roles. I am now working in a completely different industry and loving my new role.*

*I can highly recommend Sharon as a coach and confidence builder.*

**Julie**

Even if you are not sure if this is for you, but interested to find out more, drop me a line and we can discuss in more detail before a decision needs to be made.

I do also have eligibility criteria and am looking for people who genuinely want to make the change and are willing to put the work in.

I can lead and support and encourage, but you have to want this more than anything.

And finally I would like to leave you with this thought:

**GREAT THINGS NEVER  
COME FROM COMFORT ZONES**