

Headlines

- Mental fitness coach for midlife women in business | Unlearn self-sabotage & become the confident CEO of your life 📌
- Mental fitness coach helping entrepreneurial midlife women become the CEO of their lives 📌
- Become the CEO of your LIFE ✨ Mental fitness coach for entrepreneurial midlife women | Find clarity, courage, confidence

Lead-Generating LinkedIn Summary

You're a midlife woman with an entrepreneurial dream.

You keep trying your best to turn those occasional bursts of enthusiasm into focused action, but something is holding you back when building, growing, or promoting your business.

Paralysing self-doubt, fear of judgement, and a messy lack of clarity.

You keep going round in circles.

After all, it's hard to believe in yourself when society keeps filling you with limiting beliefs: that you no longer have anything to offer, that your best days have been and gone, blah blah blah.

How do I know how frustrating and overwhelming it all feels right now?

Because I *have* been there. Yes, before making an impact as a midlife coach for female entrepreneurs, I used to be an undisputed champion in self-sabotage.

And yet I've gone from a place of self-doubt and being allergic to self-promotion to showing up confidently in a business that complements my ideal lifestyle.

So, if I have managed, there is absolutely NO reason why you can't, too.

For me, it was all about swapping the rat race for an olive grove in sunny Southern Spain, living more intentionally, and helping midlife women like you shine.

For you, it's probably something else entirely (I'd love to know!), but the overall outcome will be the same:

finding the clarity, courage, and confidence to become the CEO of your life.

Yes, not just of your new business. Your overall life, too.

Mind you: you must be committed to investing in setting yourself up for success. My solution isn't a quick fix.

But it's one that works.

Those limiting gendered and ageist beliefs and deeply ingrained negative mental habits have been reinforcing the part of your brain that's already working against you (yes, you're being sabotaged from the inside!).

Using breakthrough, research-based tools, I'll help you build powerful new habits that will strengthen the brain area that actively serves you while quieting the part that's currently undermining you. How?

With **YOUR TIME TO SHINE**, a mental fitness coaching programme harnessing positive intelligence to take you from self-sabotage to self-mastery in six weeks.

I'm a certified mental fitness coach with over 20 years of experience in coaching business women to success, including Fortune 500 Companies.

Now, I'd love to help *you* unlock your potential and feel in control of your destiny, both in your life and business.

Life's too short to stay stuck! Take the first step towards this **empowered and confident version of yourself**: let's connect and find out if *now* is the time for you to shine.