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# SHINE YOUR **TRUE COLOURS** **BRIGHTLY**

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*Create success, impact and a thriving life, **YOUR** way.*



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TRUE COLOURS CO**

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## WHO WE HELP

True Colours Co is a proactive wellbeing service, here to support impact driven ✨ women to tap into their strengths, honour their wellbeing and feel confident to be fully, authentically and courageously themselves in a world where this has sometimes been discouraged. ✨

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# PERSONAL COACHING

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## DO YOU NEED HELP WITH?

- Self-doubt
- Perfectionism
- Work-life imbalances
- Boundary issues
- People pleasing
- Low self-confidence
- Procrastination
- Overwhelm
- Second-guessing & indecision
- Performance pressure
- Stress & Burnout

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## WOULD YOU LOVE TO FEEL?

- Impactful in the world
- Calm & confident
- Optimistic
- Balanced
- Assertive
- Decisive
- Mindful
- Authentically you
- Compassionate & loving towards yourself
- Courageous & committed to living your passion & purpose

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## WE'RE HERE TO SUPPORT YOU THROUGH:

- 1:1 Personal Coaching (Online) - Including coaching packages and individual sessions.
- Evidence based approaches: Positive Psychology, Coaching Psychology, Solution Focused Interviewing, Cognitive Behavioural Coaching, Motivational Interviewing, GROW Coaching
- Digital & In-Person Workshops
- Speaking & Events

**Learn more about our services at the link below.**