

HELEN HARDWARE

UNLOCK YOUR CONFIDENCE, CLARITY AND COURAGE



ABOUT HELEN

Helen is a transformation coach who specialises in helping women in the Wellbeing and Fitness industry get confident and comfortable being visible in their online businesses so that they can speak their truth, connect with more clients and create the business that they dream of.

SIGNATURE TOPIC 1: WHY YOU FEEL UNCOMFORTABLE BEING VISIBLE ONLINE & HOW TO FIX IT

This talk explores the most common mindset barriers to putting yourself 'out there' online as well as how to stop worrying about what other people think, and unlock unlimited courage to step outside of your comfort zone and take meaningful action towards creating your dream business.

SIGNATURE TOPIC 2: HOW TO OVERCOME FEAR OF FAILURE

This talk will explore the connection of fear and shame, as well as exploring their purpose and benefits. We will identify how to recognise the symptoms, how to keep fear in check and unlock your courage to step out of your comfort zone without the fight or flight response.

SIGNATURE TOPIC 3: IMPOSTOR TO INCREDIBLE

This talk will explore the underlying causes of impostor syndrome, how it shows up in our thoughts, feelings and behaviours, and 3 simple ways to turn impostor to invincible by changing how you think.

Previous speaking engagements include:

- Raise Up Business Club
- The Interior Designers Hub
- Tanya Bardo
- Women in Tech Kent
- The Perimenopause Hub

As seen in

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Body, Mind and Beyond

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