

# thirty + thriving



## Thrive Academy: Claire's Coaching Journey

A personal insight into what coaching with Thirty and Thriving looks like.

### 1. In your own words, tell us about the challenges you were facing prior to beginning your journey with a life coach?

Before working with Thirty and Thriving I felt like I didn't know who I was like I was playing a part to fit into the world. Inside I felt "wrong", like I wasn't me, like I wanted to escape. I had no confidence, I was living in the past, living a life full of regret, shame and resentment. I beat myself up any chance I got and wouldn't even dare to dream because I felt undeserving, incapable and like amazing things don't happen to a girl like me. I used to physically hide away with my hair over my face or walk with my head looking down. I had no connection to myself, my wants or needs.

### 2. What were your expectations going into your first session?

My expectations were high in the sense that I knew something needed to change. I was nervous and scared of my first session - change is scary! I remember thinking what if she judges me and all my worst thoughts come true? - But in reality it was the COMPLETE OPPOSITE! Anne-Louise has the most caring and loving ora about her - you know you are in safe hands as soon as you talk to her and there has never been and never will be any judgement from her - she is literally your biggest cheerleader and she absolutely lives up to that, every step of the way!

### 3. When you set your goals at the beginning of this journey, did you think the outcome was possible? Did the coaching meet your expectations?

Hell No! At the beginning it A. Took time to even have goals and be comfortable with them! But B. To believe they were achievable by me! No chance! But how wrong I was! Anne-Louise supported me through every step, and those steps weren't easy! There were some tears shed and some massive realisations experienced. Coaching with Anne-Louise exceeded any expectation I knew was possible! Each session I got more and more confident and more and more in flow and at ease. Don't get me wrong I had hick ups - we are only human! But I reached out to Anne-Louise and as always she was there to support me through my experiences.

#### 4. What advice would you give to someone considering this journey?

DO IT! ABSOLUTELY DO IT! You are 100% worth the investment! You deserve the best life possible and you can achieve it! We all need help along the way and coaching provides that gentle and loving support we all need. And if you decide to go on your own coaching journey - be as open and honest as is comfortable for you, there is never any pressure from Anne-Louise, she will guide through all the way.

#### 5. Why would you recommend Thirty and Thriving?

OMGOSH where do I begin? I am so unbelievably thankful and grateful to Anne-Louise for everything she has done for me. She really goes above and beyond for everyone. She genuinely cares about you and wants you to succeed. She opens the door for what is possible for you. I have honestly grown so much as a person since starting with Thirty and Thriving - I have invested in 2 coaching programmes with Thirty and Thriving (one for personal development and one career focused) and joined The Confidence Club. The self development journey is ongoing and I count myself lucky that I have started mine with Thirty and Thriving and can continue to do so. The results are real ladies!! I have never felt more like myself or more connected to myself then ever and that is thanks to Anne-Louise and Thirty and Thriving!

Want to experience a life  
changing journey like Emily?  
Join The Thrive Academy!



## Join The Thrive Academy!

BOOK A CHEMISTRY CALL TODAY AND RECEIVE 50% OFF!

The doors are now OPEN for 2023 to join to my signature 1:1 coaching programme. This powerful course reprograms your mindset and nervous system back to a state that serves you and welcomes in change,

So whether you're looking to restore self-love, silence your inner critic, change a childhood narrative or find your authentic self, postpartum - Thirty & Thriving is here to guide you through this process in a safe and empowering way.

Get ready to raise vibrations, overcome fears and create a life your psyched to wake up for! By the end of this programme, we'll have you saying 'YES' to life and 'HELLO' to new chapters!

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