

Grace B

1:1 Mentorship: Grace's Mentoring Journey

Get a taste of The Thrive Coach's coaching experience firsthand.



Why did you decide to work with The Thrive Coach initially?

I originally had a glowing recommendation from a friend for The Thrive Coach and had worked with her previously and really benefited from our sessions together. This time I felt called to work with Anne at a particularly difficult point in my life - I was really struggling and after a catch up call it became clear to me that working together could really help me through this.

Can you recall a coaching moment that shifted your mindset from doubt to confidence about your new venture? What was that like for you?

There were several moments throughout our coaching journey together where this happened but one moment that stands out is the moment that I realised I have been filtering myself and everything in my life - this was all with the help, guidance and support from Anne and not only this but she helped me piece together how to move forward from this in a way that is best for me.

What were the first mental obstacles you faced when stepping into your new dream, and how did coaching help you overcome them and boost your self-belief?

The first mental obstacles I faced were lack of confidence/self belief and procrastination. Coaching with Anne really helped me overcome these - particularly the multiple ways that procrastination was showing up in my life and understanding these and recognising how to spot it when it happens, but also learning that it is completely up to me and I can choose how to move forward from it really empowered me and helped me feel like what I want to achieve is whole possible for me.

As you approach the start of your new chapter, how do you see your success unfolding, and how has your newfound confidence and mindset influenced your approach to upcoming challenges in your dream job?

I see my success unfolding through me launching my business and creating something magical that will help others and allow me to spread joy in the world. My new found confidence and mindset shift has influenced my approach to any upcoming challenges as I can now recognise and notice my responses to the obstacles showing up and how to approach and overcome these. I also have a grounded new found feeling that what I want to create is absolutely possible and what I am supposed to be doing. I now wholeheartedly believe that I will achieve it no matter what.

If someone is unsure about teaming up with a coach for a new endeavour, what advice would you give them based on your experience?

I would advise them to reach out, have a chat with and ask as many questions as you have. Anne's energy is infectious and grounding and her expertise and experience alongside this make her even more of an amazing coach. Just meet with her and you will instantly know! ☺

Would you recommend The Thrive Coach's services?

Absolutely! 🌟🌟

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



Join The Thrive Academy!

The doors are now OPEN for 2024 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 - The Thrive Coach 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!

Begin your coaching
journey today!