



More Success Stories

Bespoke Mentoring - Supporting Smart Women to Feel Confident, Worthy and Free.

March 2021

Hello,

How are you?

If you could do with some real promise in the possibility of brighter and better days ahead for you, then I'm delighted to share with you how the ladies who came under my wing most recently have benefitted from taking their leap of faith with me.

I hope it helps you to feel inspired and determined and hopeful.

Read on...

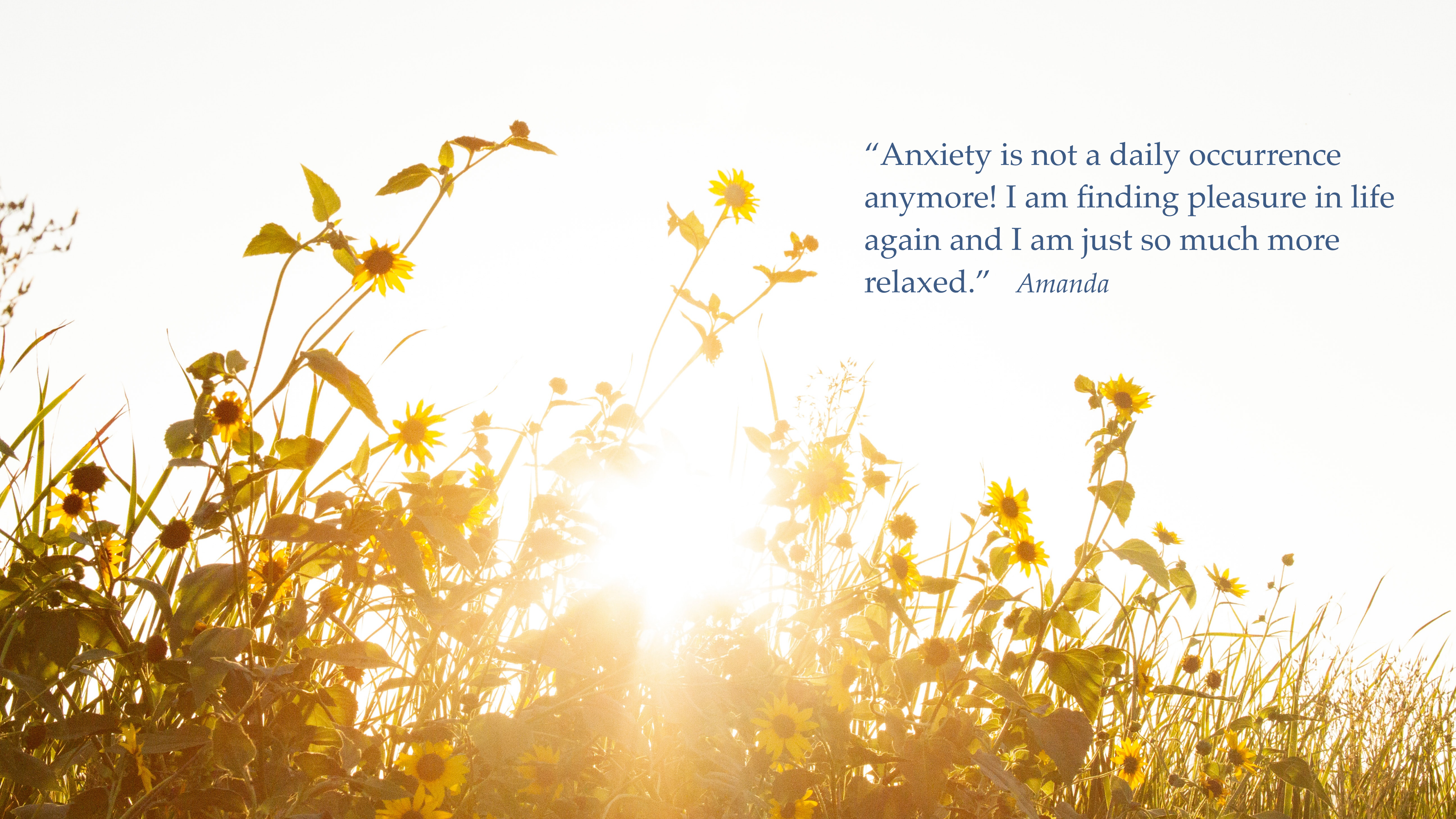
Lisa x




A scenic photograph of a body of water, likely the ocean, with a clear blue sky. In the foreground, there are tall, thin grasses or reeds. A teal-colored rectangular box is overlaid on the lower left side of the image, containing a quote in white text. The water is shimmering with sunlight, and a small boat is visible in the distance on the right.

“For the first time in my life,
I now have everything I need within me
to get everything I want in life.”

Darcy

A low-angle shot of a field of yellow wildflowers, possibly Black-eyed Susans, reaching towards a bright, hazy sky. The sun is positioned centrally behind the flowers, creating a strong lens flare and a warm, golden glow that permeates the entire scene. The flowers are in various stages of bloom, with some fully open and others as buds. The leaves are green and serrated. The overall mood is peaceful and hopeful.

“Anxiety is not a daily occurrence anymore! I am finding pleasure in life again and I am just so much more relaxed.” *Amanda*

A young girl with long brown hair styled in two braids, each tied with a small pink and white striped scrunchie. She is seen from the back, looking out over a vast field of tall, golden grass. The scene is bathed in the warm, soft light of a sunset or sunrise, with a blurred horizon line in the distance. The overall mood is peaceful and contemplative.

“I’ve had stigma all my life and
for the first time now I’ve seen
the truth of who I am.” *Barbara*




At the start I was finding life hard to bear. I was difficult to be around, and aloof in my behaviour with no strength to relationships. I felt totally excluded and life was lonely and sad and a real slog.

Now I feel more open, to the universe, to ideas, to yeses, to life. I feel more confident in myself and much more relaxed. I feel more like "me" than I have done in such a long time. I feel much happier. *Judith*

A wide-angle photograph of a beach at sunset. The sun is a bright, glowing orb on the horizon, casting a long, shimmering path of light across the ocean's surface. The sky is a gradient of soft blues and oranges. In the foreground, the golden sand of the beach is visible, with white, frothy waves washing onto it from the left. The overall mood is peaceful and serene.

“Working with Lisa is unlike working with anyone else.
Her methods have made such a difference when I felt nothing would and
she’s changed my life. I can’t recommend her highly enough” *Susannah*



“My self-confidence is improving so much &
my ability not to react, but remain calm in
certain situations, has become better.
I feel more assertive.”

Gillian

Case Study..

When I first enrolled in the programme I was feeling very low, I knew that I needed help and that I wanted to find a way to feel better about myself and to feel more comfortable in my own skin. I signed up for a call with you and it was so good. It felt great to talk to someone who really got me, and I could feel that you did, even in that initial call.



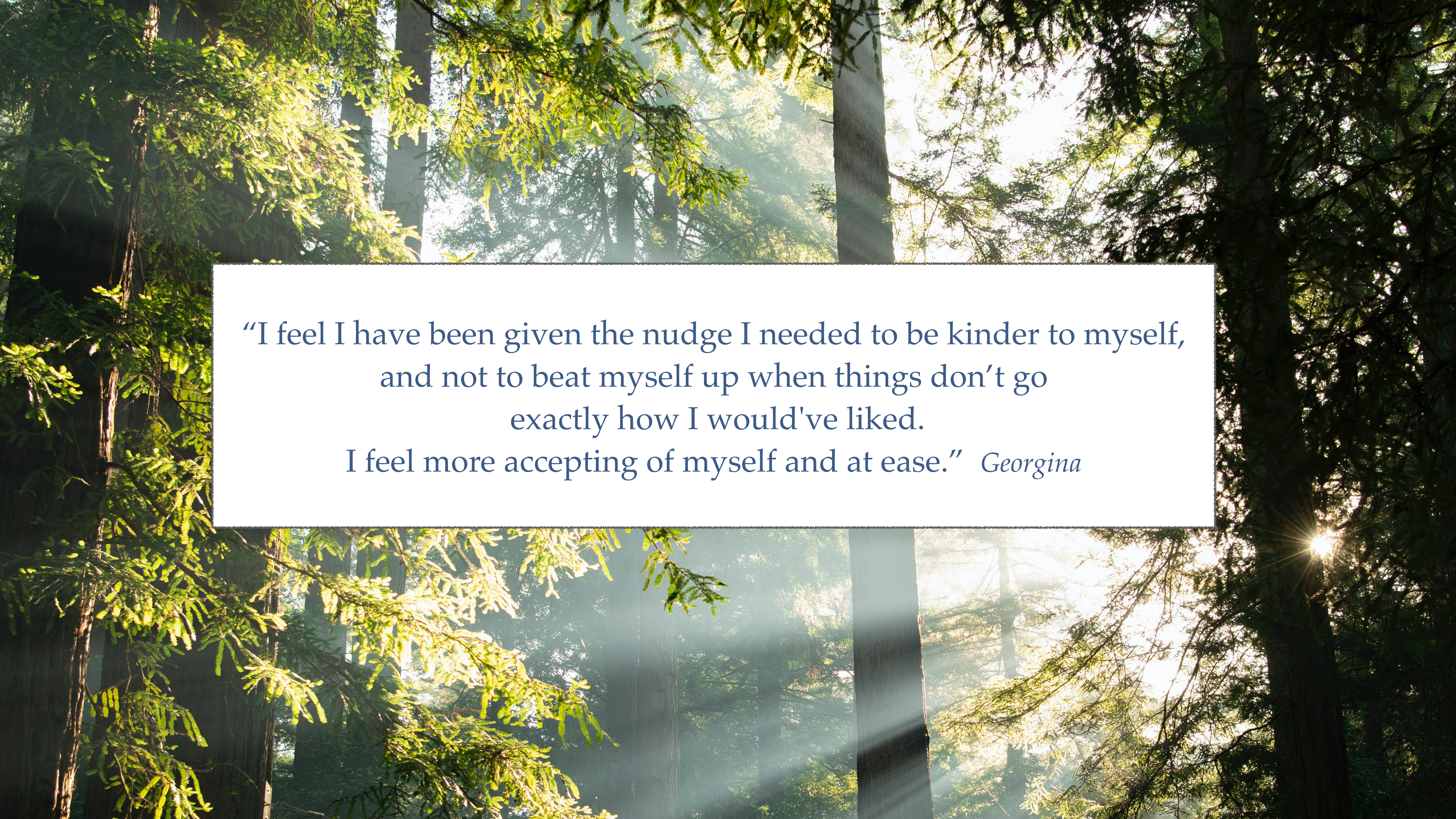
When I started I felt bad about a lack of control in my life, with my children, my dog, my work; always having to put myself last, desperate to keep my dysfunctional family together, and entirely owning the responsibility for that. I spent loads of time dwelling on the past, nursing resentment and looking for answers from my childhood and babyhood.

I was prone to get upset about things I had no control over and those upsets could put me in the dumps for days on end. I cried a lot, I got angry very quickly and at times I just wanted to run away for good and start again somewhere else.

Since completing the programme, things are much better. I am beginning to feel a whole lot better about myself, to hold my head high and just be me. I actually quite like myself now. I have plans to move forwards, finding a better job, I am communicating better with my family and my friends, putting my needs to the top of the list more regularly. I live much more in the present and I choose now not to be upset by things I have no control over. I don't relive old arguments; I am no longer holding onto age old resentments. I am feeling greater responsibility for the things I should take responsibility for and letting go of the stuff which I can't. I have implemented strategies and tools from the programme which I think about very consciously and it has really helped to improve my life to a huge extent.

One of the great things about working with Lisa has been that she has shared a lot of her own experiences with me which I had never previously experienced in a "therapy" relationship. It has made a huge difference knowing that she is there for me and that I am walking in her steps, that she has used the strategies and methods she has taught me herself. She has been through a lot and come out shining the other side. She is very inspirational. It has made such a difference to me to have someone who really understood, not from reading about it, but from her own life experiences and turning things around herself.

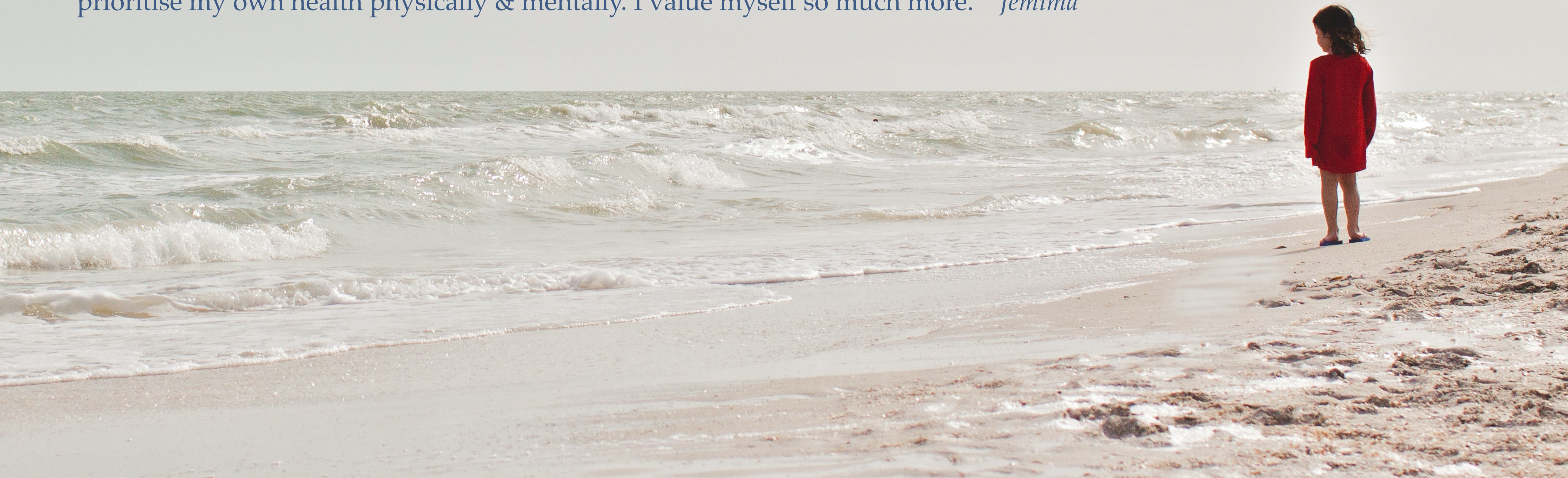
by Joanna



“I feel I have been given the nudge I needed to be kinder to myself,
and not to beat myself up when things don’t go
exactly how I would've liked.
I feel more accepting of myself and at ease.” *Georgina*

“At the start of mentoring, I had a deep sense of feeling lost & unsure of where my life was going. I was tired of going around in circles & getting nowhere. My anxiety levels were extremely high & my self-esteem was extremely low. I was very indecisive & lacked conviction for making decisions. I knew deep down I was not being the person I wanted to be and was not living the life I wanted.

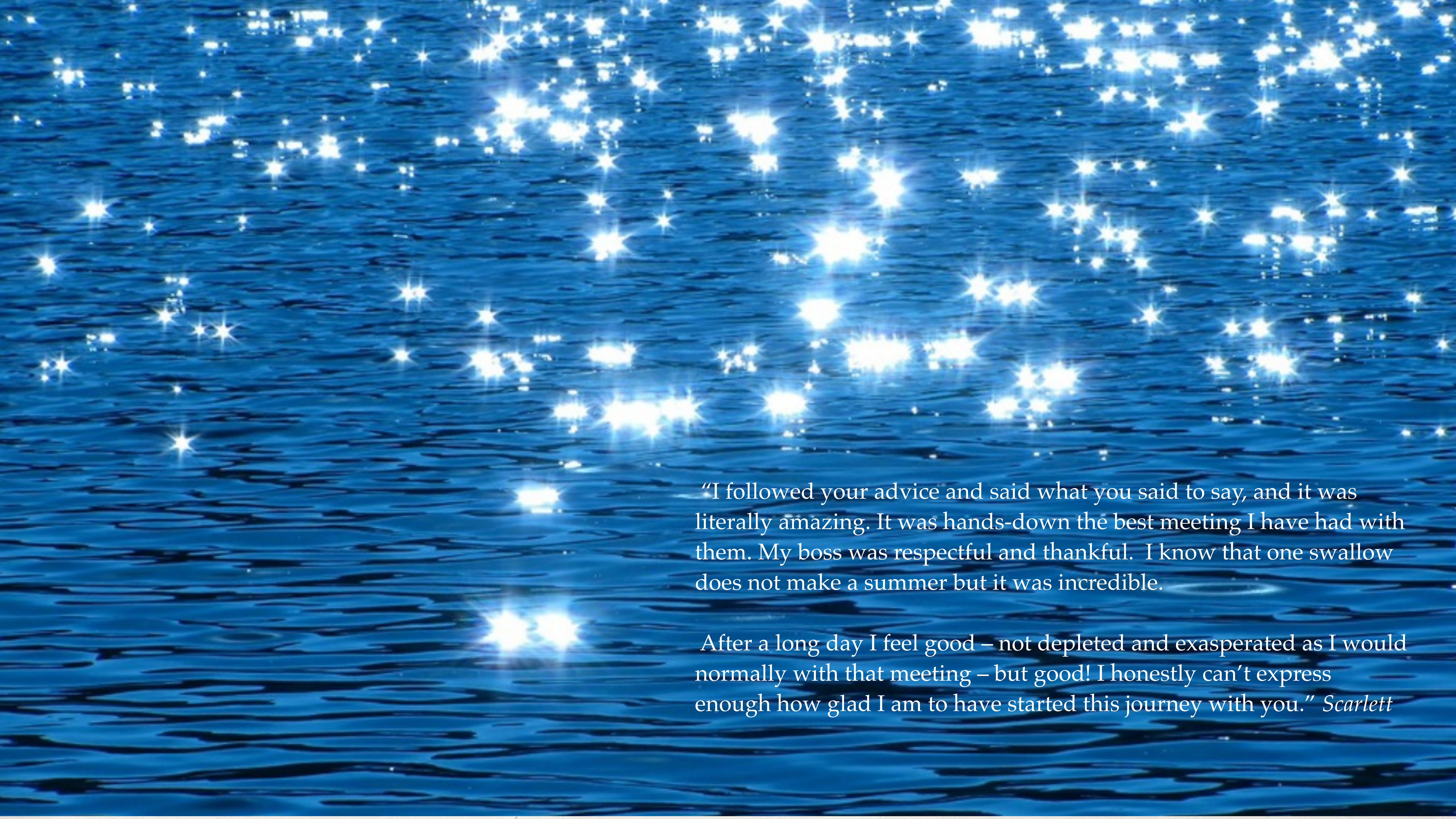
I have progressed dramatically. I feel so much more confident, less anxious & more in control. I have learned so much and feel as a person I am evolving to become the person I wish to be. Lisa has provided me with invaluable lifelong skills to continue my journey in doing so. My relationships have improved. I have taken control of unhealthy behaviours & now prioritise my own health physically & mentally. I value myself so much more.” *Jemima*





“I was lost in anxiety and functioning on fumes. I felt stressed out, frustrated and sad and could not see a way out of how I was feeling.

I am now clear and calm, and I feel happier and more relaxed.” *Sarah*



“I followed your advice and said what you said to say, and it was literally amazing. It was hands-down the best meeting I have had with them. My boss was respectful and thankful. I know that one swallow does not make a summer but it was incredible.

After a long day I feel good – not depleted and exasperated as I would normally with that meeting – but good! I honestly can’t express enough how glad I am to have started this journey with you.” *Scarlett*

Case Study..

I signed up to work with Lisa because I noticed a decline in my mental and physical health. At an all-time low I felt ready to take action and do something about it. The overwhelming thoughts, sleepless nights and difficulty to breathe impacted my quality of life and my confidence. I felt like somewhere along the way I lost who I am... I lost the little girl brave and free somewhere along the way.

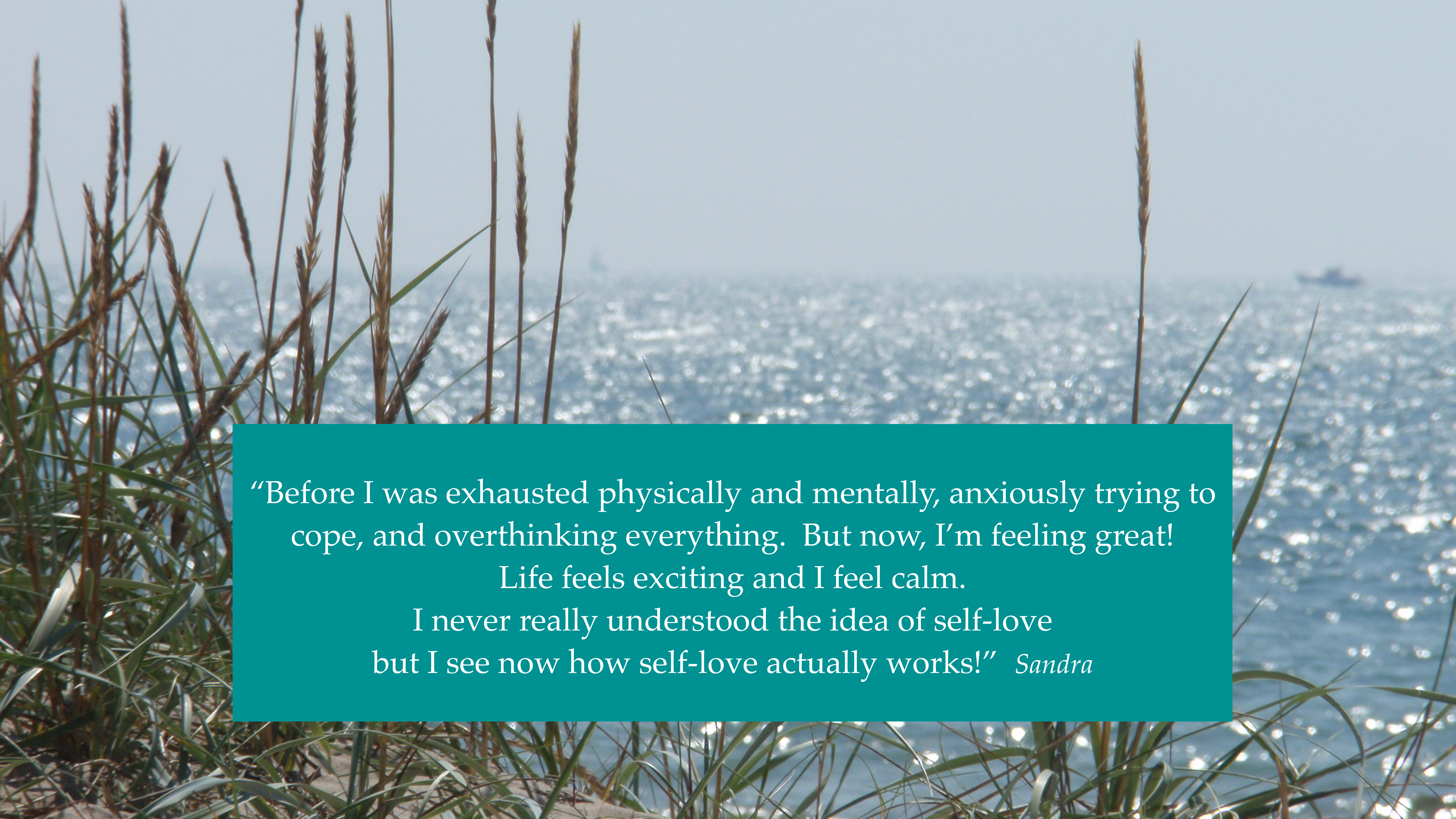


Since completing the programme I've noticed a huge positive difference. Lisa offers a unique and holistic approach. Her sessions were tailored to my needs and the resources introduced me to a new level of tools and coping strategies each week.

I found a new awareness of my behaviours which is interesting to observe. I've gained clarity on my needs and communicate them with more confidence. My actions and decisions come from a place of love, calm and clarity. I sleep better, my mental and physical health improved and so has my relationship with nutrition and exercise. I also found the energy to explore life and embrace adventures again.

I would definitely recommend this programme to anyone who is ready to take action and ask for help.

by Harriet




“Before I was exhausted physically and mentally, anxiously trying to cope, and overthinking everything. But now, I’m feeling great! Life feels exciting and I feel calm. I never really understood the idea of self-love but I see now how self-love actually works!” *Sandra*



I now feel in control of, and supported in my life; I feel confident to tackle things, and that I can carry that confidence into whatever area of my life needs it. Working with Lisa is an investment that absolutely gives returns.

It was a hugely positive experience. I've been able put the positive results into practice in my daily life right away."

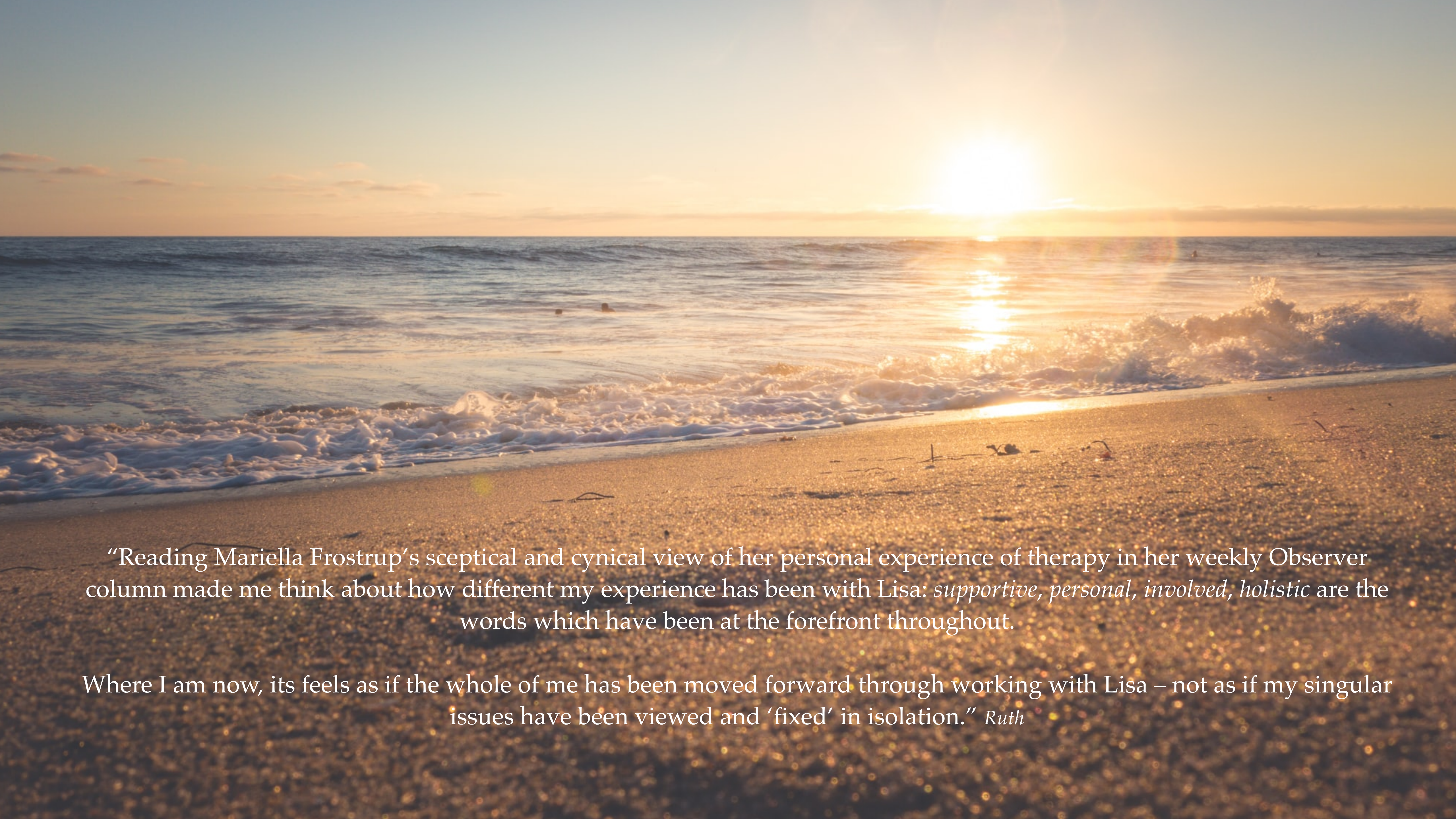
Rebecca

A young girl with long brown hair styled in two braids, each tied with a small pink and white knotted hair tie. She is seen from the back, looking out over a vast field of tall, golden grass. The scene is bathed in the warm, soft light of a sunset or sunrise, with a blurred horizon in the background. The overall mood is peaceful and contemplative.

“I am growing in confidence every
day and beginning to feel my true
worth.” *Karen*



“I am generally feeling happier. I am feeling more motivated to get things done and be proactive, in my work and home life. Every week in the programme I’m noticing that I am having more positive days than negative times when my mind is in conflict. I am continuing to be mindful of negative thoughts and not letting them runaway with me to the extreme. I am learning to reason with myself more in a sensible way. I am challenging any anxiety, remembering to breathe and understanding why it is there so I can diffuse it faster. I am so much more relaxed than I was.” *Anna*



“Reading Mariella Frostrup’s sceptical and cynical view of her personal experience of therapy in her weekly Observer column made me think about how different my experience has been with Lisa: *supportive, personal, involved, holistic* are the words which have been at the forefront throughout.

Where I am now, it feels as if the whole of me has been moved forward through working with Lisa – not as if my singular issues have been viewed and ‘fixed’ in isolation.” *Ruth*

A scenic view of a body of water, likely the ocean, with a clear blue sky. In the foreground, there are tall, thin grasses or reeds. A teal-colored rectangular box is centered over the water, containing white text. The water is blue with many small, bright white reflections from the sun. A small, dark object, possibly a boat, is visible on the horizon in the distance.

“I am definitely more positive
and assertive in my
working environment.”

Wendy

Case Study..

When I started the programme I was an on edge and an anxious mess! I was extremely emotionally-charged, with a short fuse, depressed and feeling hopeless and worthless. This was mainly as a result of the bullying at work coupled with the stress and worry about my mother's declining health.


Now I feel a lot less stressed and anxious, with this calm has come a more logical and level-headed me, able to see things more clearly and able to figure out how to cope better with life's challenges. If I start to feel overwhelmed, I seem to have more ability again now to stop, take stock and prioritise. I certainly feel stronger in myself and the depression has subsided so I feel ready to tackle new challenges. Wonder woman!

I would say that this is definitely an all-encompassing programme - unlike any others I had previously tried. They had only used one type of therapy and it had never therefore been enough to help me. They weren't addressing my problem as a whole and tackling it from all angles.



When I felt so desperate that no one was helping me and that I was a lost cause, Lisa's friendly smile came radiating out of my computer screen, assuring me that SHE could help me - and she has! From where I was - so low and at my wits end - now I'm feeling a renewed strength and confidence in my daily life and feeling more positive about achieving future goals. I can't tell you what this means!

by Yvette



I feel this has been the most worthwhile
investment I have ever made in my life.
The quality of this programme is excellent
and life-changing. *Helen*

“You have given me so many tools to cope with life in a much better way than I was and I now feel a much greater acceptance and understanding for myself and everything I have done my whole life. I actually do quite like myself now and that is something I never thought I would be able to say. “ *Julia*

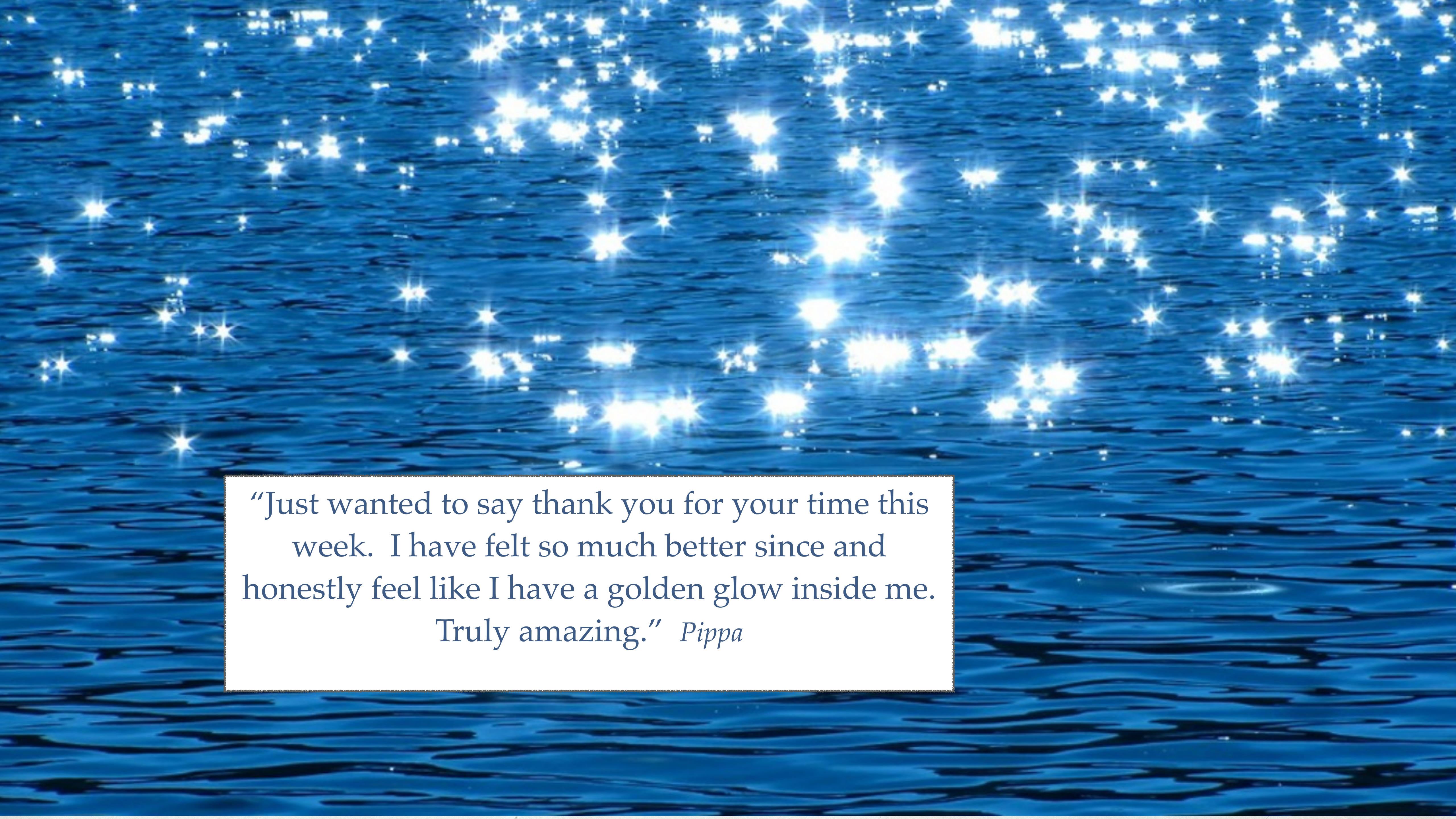




As a result of a direct conversation Lisa, I have been able to resolve a long-term conflict in my relationship! Lisa helped me to get a different perspective on things and I was able to acknowledge the vulnerability and bravery my partner showed in his efforts towards a reconciliation.

Instead of continuing to criticise and blame him for what had happened, I held a deeper level of understanding for how he felt and how he saw things. I was able to look at myself better and reflect on how I had contributed to the breakdown.

We can only see life through our own lens and, when I saw it from his point of view, actually I hadn't been the person I had wanted to be. I recognised that he did have grounds for feeling how he did. We had an honest and open conversation and the barriers just came down as we realised, we both wanted the same thing. I recognised that previously I had been holding back so much and I hadn't been totally honest with myself. I expected him to show his vulnerability but I hadn't been willing totally to show mine. I have learned that when we keep it simple and own our fears, the fears melt away and we find our way back to where we really want to be. Thank you!" *Josie*



“Just wanted to say thank you for your time this week. I have felt so much better since and honestly feel like I have a golden glow inside me. Truly amazing.” *Pippa*

“In my profession, there is much cynicism as well as much needed critical dialogue, but giving myself permission to do things differently and freeing myself of those worries to make these private gestures of exploration has been really helpful, in a way I was not sure it would.


The most positive impact has been in knowing I have some power in all this. It can come from within, with a rethink, and radiates out. I can be captain, even if there is no control of outside factors. Empowering!

I used to look for approval from others to feel body confident, but being honest about my body and grasping that this can be a self-love issue is wonderful.

I now know how to tackle the constant voice in my head that says you're not good enough, or someone else could do this better than you, so don't bother.

Knowing confidence is not a given; it's a learning process and something that needs frequent feeding, has made a big difference for me. I am now more confident in letting go of emotional crutches, and I am feeling confident about socialising and coping with relatives. I am having so much more fun at the weekends too. I am feeling stronger in my decision making and standing up for myself. I am making plans and taking action for doctoral study next year. I do really feel it is me being captain of my ship. Thank you!” *Anabel*



A woman with long dark hair, wearing a light blue dress, is captured in a dynamic pose as if running or dancing through a field of tall, dry grass. She is positioned in the center-right of the frame, with her arms outstretched and her hair flowing. The background is a soft-focus landscape featuring rolling hills and a large, dark tree on the right. The sun is low on the horizon, creating a strong, warm glow that silhouettes the woman and the trees, and casts a golden light across the entire scene. The sky is a pale, hazy yellow.

“I am able to let go of things that are beyond my control and don't worry needlessly. I feel much lighter and free from anxiety.”

Francesca

What else my clients want you to know . . .

“So if you are in any doubt about embarking on this programme, rest assured that drawing on her own experiences, coupled with her extensive professional skills and 20 years of helping ladies like us, Lisa's understanding, patience and personal approach WILL help rebuild your emotions, your confidence - and your life! Go for it!! “ *Yvette*

“I'd like them to know about the balance of personalised work with calls/Zooms as well as the sense of self-directed progress through the resources. It's a great blend, which anyone hesitating over the thought that starting work on themselves would be too intense, should know. It really is a supportive growth process, rather than a spotlight/microscope.” *Ruth*

“I would encourage anyone who is struggling to take a leap of faith and sign up to this life-changing course. If they are anything like me, stop hesitating and do it! Lisa will guide and support you 100% of the way and is always at hand to reach out to. The content is invaluable and will transform your life.” *Josie*

What else my clients want you to know . . .

“If ever there was a time to take the jump then it has to be now in doing this programme! I was exhausted and in such a bad way. This has enriched my life and given me back so much more than I ever imagined when I first connected with Lisa. I have never experienced the calm and relief that I have since doing this. Worth the investment in every single way. Lisa is calm, kind, direct and so supportive in a non-judgemental way. The programme is intuitive and life-changing and I would highly recommend it.” *Scarlett*

“It's not easy to justify investing in yourself, but once you get into the mentoring programme you will realise it is the best thing you can do for yourself.” *Isabella*

“I would say, jump in, only then can you appreciate how much Lisa can help you, how well she will understand you and how much better you could be feeling about yourself, your life and the other players in it in three short months. You will discover her unique, holistic approach to therapy and a whole world of advice, assistance and support. You will also learn to breathe properly! Go for it, you will not regret it.” *Joanna*

“That you won't be doing it alone. You'll be guided along the way and supported along the way. That it will help you to change your life.” *Caroline*

Thank you for reading this latest
snapshot of recent success.
I hope you feel encouraged and reassured.

All testimonials are totally genuine and
meet fully with Advertising Standards.
Identities have been changed to safeguard
anonymity.



Wouldn't it be fantastic to add your name to my next showcase of Success Stories?

I can help you to find your way quickly to accepting yourself and creating a life that works for you on many levels, so that you too can feel confident, empowered, happy and secure in your life. We are no different, You and I... and if I can do it, so can you.

Let me show me how. Book a call with me today and let's get your life where you want it to be.

Simply go to lisaskeffington.com/apply and we'll talk soon.

Warmly,

Lisa x



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