



Success Stories

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

“I’m feeling more relaxed and more able to cope, with a better view of the world.” Sonia



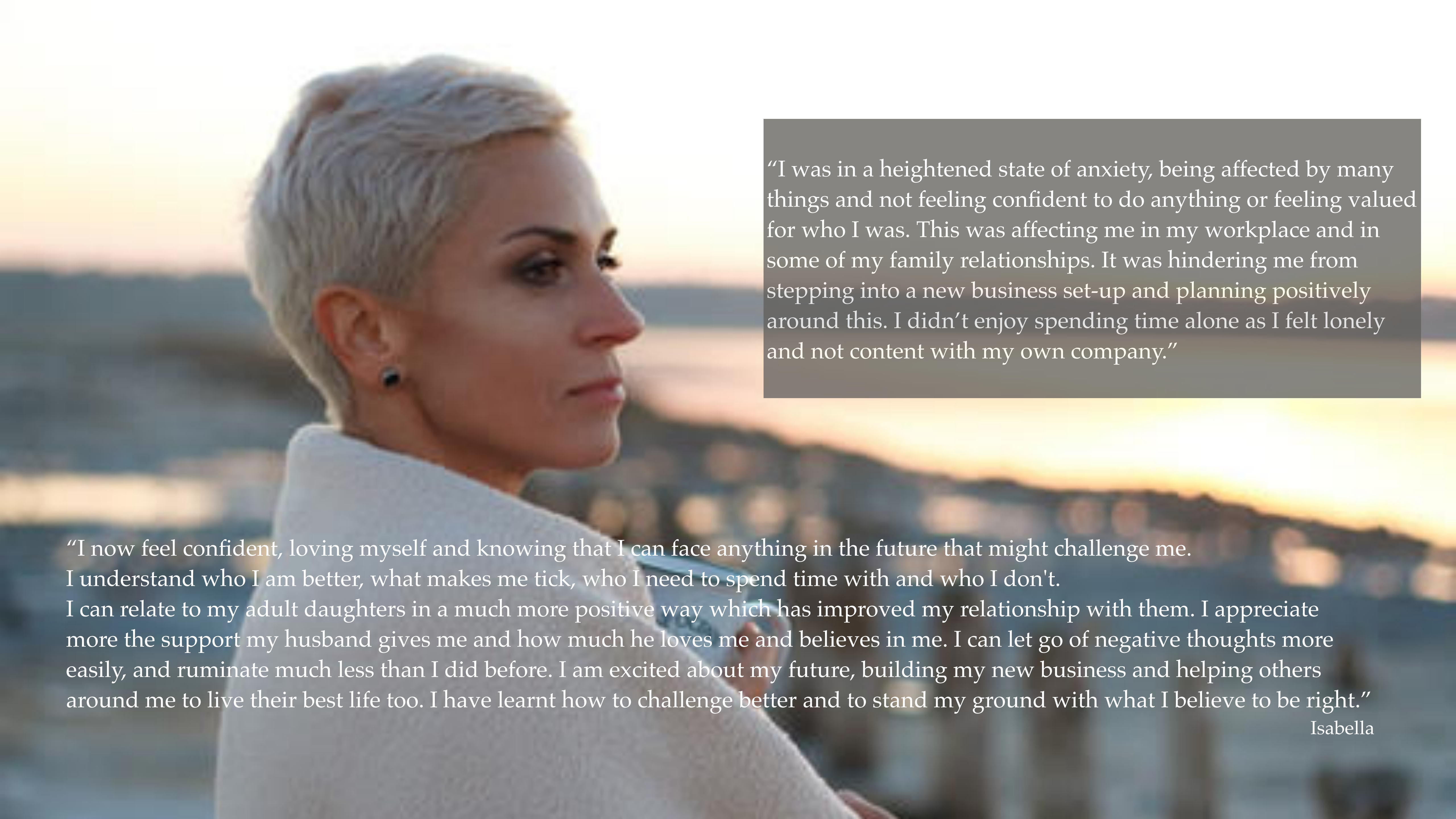
I feel a lot more positive about things. I've learned to give myself a break and stop beating myself up if things don't happen in the way I'd like them to." Ruth

"The programme has helped me to re-picture life with better images rather than negative outcomes. Preparing for worst case scenarios so you're not scared, but able to take them in your stride." Julia



“I am feeling more comfortable about new challenges and starting a new business instead of worrying about everything that could go wrong, and financial strain. I am more able to focus more positively on developing my business plans with more confidence to move forwards.” Dawn



A woman with short, wavy blonde hair is shown in profile, looking out over a city at sunset. She is wearing a white jacket and a small black earring. The background is a blurred cityscape with warm orange and yellow light from the setting sun.

“I was in a heightened state of anxiety, being affected by many things and not feeling confident to do anything or feeling valued for who I was. This was affecting me in my workplace and in some of my family relationships. It was hindering me from stepping into a new business set-up and planning positively around this. I didn’t enjoy spending time alone as I felt lonely and not content with my own company.”

“I now feel confident, loving myself and knowing that I can face anything in the future that might challenge me. I understand who I am better, what makes me tick, who I need to spend time with and who I don't. I can relate to my adult daughters in a much more positive way which has improved my relationship with them. I appreciate more the support my husband gives me and how much he loves me and believes in me. I can let go of negative thoughts more easily, and ruminate much less than I did before. I am excited about my future, building my new business and helping others around me to live their best life too. I have learnt how to challenge better and to stand my ground with what I believe to be right.”

Isabella

“I have been sleeping better and I’m looking after myself more.” Charlotte



“My inner critic came out strong one day this week. I felt frustrated and questioned everything I did, but I noticed it. I let the emotions and the fear out and became a better version of me. I find all the supporting resources extremely useful and I love that they create so much awareness.” Harriet

“I feel generally less cowed, and more accepting of myself. I even admitted to a mistake the other day, took the blame and did not spend the rest of the day berating myself, big progress for me.” Emma



“I have felt held and supported in the programme. The deep relaxation technique has become so natural that it makes accessing the imaginative process a real joy. I’ve been able to put the positive results into my daily practice right away.” Mia



“The most positive impact
has been being able to let go
of the brokenness inside.” Victoria



“Take this opportunity to allow yourself the time to find your true self and create space for reflection and development to move forwards positively and confidently. The investment was definitely worthwhile.” Hannah



“In just a few weeks I am already less anxious and more patient. I don’t react to people as often and I feel more confident and assertive within myself.” Savannah

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



“I met Lisa following a recommendation when I was in a very bad place with my mental health. My confidence and self-esteem were at a major low and I felt constantly tired and over-emotional. My life has completely changed. I have so much more confidence and belief in myself. My body image is hundred times better and I’m a million times happier! My family and friends have commented and my relationship is stronger than ever.” Caroline





“I was not in a good place, I felt life was passing me by and I had no motivation or direction, I felt I was sponging off my husband and spending an enormous amount of money through boredom and a sense of entitlement. I kept starting things I didn't bother finishing, drinking and eating too much and not even cooking him tea after he had been at work all day.

Having talked things through with Lisa and spent time going through this programme, I am now much better and moving forward. I am motivated to go back into my studies, to set up my own business and contribute financially to the household, show my daughter how I can be a successful business woman and mother. I no longer go for an endless catch ups with friends and acquaintances. I spend a tenth of the money I was spending, I take interest in my husband's work and life, giving encouragement and support. I ensure he has proper meals during the day and after a hard day's work. I speak to him and my daughter much more kindly and I am nicer to them. It's not easy investing in yourself but once you do, you realise it is the BEST thing you can do for yourself.” Naomi

“Since meeting Lisa my self-esteem and confidence have undergone a transformation. From the start I felt comfortable with Lisa because she is easy to talk to and to trust, even when talking about difficult subjects. I now feel a lot more positive and in control of my life, and more than anything, I have learnt to stop blaming myself for past mistakes. I would definitely recommend her.” Miranda





“I felt downtrodden, downhearted, with low self-esteem and no self-belief when I found Lisa. I now feel bright and happy. I am able to take naysayers in my stride and I now have a positive outlook on life. Take my advice and enrol in Lisa’s programme.

You owe it to yourself to be the brightest and best version of you!” Valentina

“I had a very challenging situation at work today regarding a dispute and misunderstandings. I want you to know that this awful situation caused me no anxiety, upset or wobbles whatsoever as I know I was acting within my professional boundaries and I know I am exceptional at what I do. I would not have been able to handle news like this a few months ago! Thank you for empowering me.” Anna





“You saved my life.”

Gabriella

“I never truly got to understand myself as I do now, having worked with you.
You have helped me so much, above and beyond what anyone could expect and there
are times I do not know what I would have done without you”. Lucinda



A photograph taken from the deck of a sailboat, looking out over a vast blue ocean under a clear blue sky with scattered white clouds. The boat's deck, made of light-colored wood with dark stripes, and its metal railings and mast are visible in the foreground. The text is overlaid on the left side of the image.

“The first person to offer me
hope - and results!” Diane

“I have never experienced so much generous help in a professional person as I have with you.

Support like that is from the heart and makes a massive impression when you are involved in very personal stuff. The sense of freedom growing in myself is unbelievable. I feel more alive and confident. You have well and truly exceeded my expectations.” Tamara



Thank you for reading this 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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