

Rosie Milsom Coaching

CULTIVATING CONFIDENCE

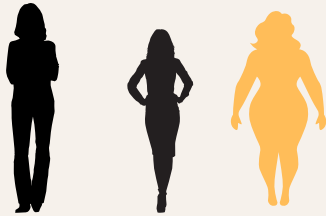
**ONLINE AND IN-PERSON WORKSHOPS AND COACHING
THAT HELP WOMEN TO THRIVE IN LIFE AND WORK.**



**CREATED AND DELIVERED BY
CERTIFIED COACH, ROSIE MILSOM**

THE PROBLEM & THE SOLUTION

The latest research shows that women are more ambitious than ever, and workplace flexibility is helping to fuel this. However, women's representation is not keeping pace, and the statistics surrounding women's confidence in the workplace are pretty sobering.



2 out of 3 women are not confident in their job



75% experience imposter syndrome on a regular basis

50%↓

women's expectations for their career are 50% lower than that of men with the same abilities and qualifications.

All this, coupled with personal challenges such as menopause or returning to work after maternity leave, can contribute to unmet employee potential, a less diverse workforce and lower levels of employee retention, satisfaction and wellbeing.

THE BENEFITS OF CONFIDENCE COACHING AT WORK

Investing in your female staff and equipping them with the skills and knowledge to grow their confidence has benefits for both the employee and the organisation. This includes:

- Higher performing staff with the confidence to reach their potential, move into leadership and deliver strongly on outcomes.
- Increased levels of staff wellbeing, motivation and productivity.
- Higher level of staff satisfaction, leading to increased retention rate and staff loyalty levels.
- Employer recognition for investing in staff and showing commitment to equity and diversity.

ABOUT ME & WHY ME

Hi, I'm Rosie, a certified life, self-worth and Positive Psychology coach based in Staffordshire.

I help women to increase their self-worth and confidence so that they can reach their full potential for success and happiness in their lives and careers.

Alongside this, have over three years of experience as a trainer and facilitator of both online and in-person courses and workshops.

Aside from working as a coach, I'm also a qualified fundraiser and a former senior leader in the charity sector, now working as a freelance consultant and trainer.

I am fully insured and DBS certified.

In terms of **why you should pick me** to deliver coaching at your organisation, I offer more than just your standard confidence workshops. I work with the root cause of the issues many women face - their self-worth, meaning I can get deep and lasting results. All delivered with emotional intelligence, empathy, and the right amount of humour.

And if that's not enough, I also offer **discounted workshops and coaching for charities**, and I will **donate 10% of my fee from corporate and public sector bookings to women's charities**, meaning you'll be giving back by booking with me.



MY WORKSHOPS

I have created and curated a series of workshops that aim to help women thrive in their lives and careers.

These meet differing needs and budgets and will help your staff, colleagues, or direct reports to increase their confidence, nurture their wellbeing and reach their potential - resulting in. They can be delivered online, or in-person depending on location.

If you don't see it here, I also provide bespoke workshops and training.

CAREER CONFIDENCE SESSIONS

Stamp Out Self Doubt

Description: This session aims to identify and confront self-doubt in the workplace and give the tools to improve your confidence and reach your career potential. We'll explore your desires or goals for your career and use a 5 step process to challenge negative beliefs that are holding you back from achieving them. Suitable for women at all levels of employment.

Outcomes:

- Understanding the roots of self-doubt and how it gets triggered, particularly in the context of your career.
- Learn how to apply a framework that helps remove the blocks that cause self-doubt.
- Increased self-belief, purpose and excitement for the future, so that you are no longer limiting your success and potential.

Duration: 3 hours

Investment: £495

Charities may qualify for discounts depending on size - please enquire

Voice Your Value

Description: This workshop will focus on understanding and articulating your value in the workplace, enhancing self-advocacy skills, and improving visibility in their roles. Participants will be supported to recognize their personal achievements and strengths and explore barriers to self-advocacy, such as gender bias and imposter syndrome. They'll learn practical strategies for overcoming these barriers and develop a personalized action plan to apply the skills learned in the workshop.


For female employees at all levels, but particularly those in mid-level positions looking to advance or increase their influence within their organizations.

Outcomes

- Gaining the skills and confidence to better articulate their value at work.
- Increased confidence in being visible in the workplace.
- A personalized action plan for achieving goals related to overcoming imposter syndrome and boosting their contributions at work.

Duration: 4 hours (half day)

Investment: £695



It was a great session. Rosie tackled a serious subject with the right amount of humour and there was a nice mix of theoretical learning and practical exercises for us too.

Stamp Out Self-Doubt workshop attendee

Lead With Confidence

Description: This workshop will look to discuss essential leadership qualities and values and explore confidence barriers for women in leadership. It aims to inspire and empower female employees by boosting their confidence in their leadership potential, helping them identify and overcome personal limiting beliefs, and providing them with tools to enhance self-worth and assert their leadership identity.

For aspiring female leaders, current leaders looking to enhance their skills, and those identified as potential future leaders within the organization.

Outcomes

- A deeper understanding of their own internal barriers to leadership, crucial for setting the stage for effective leadership.
- Improved confidence in Leadership Abilities that will empower them to assert their presence and capabilities in senior roles.
- A personalized action plan for their continue growth beyond the session.

Duration: 4 hours (half day)

Investment: £695

LIFE CONFIDENCE & WELLBEING SESSIONS

THRIVE – becoming your happiest self

Description: This workshop uses the principles of Positive Psychology to teach women how to do more of what makes them feel good and less of what doesn't.

They'll find ways to reach their potential for happiness and make more space for joy through understanding negative thoughts and how to beat them. They will also be supported to undertake a "life audit" that looks at their habits, actions and feelings, and creates a plan for moving forward that makes them happy and allows them to practice more self-love.

Outcomes

- Understanding yourself and how habits/negative thought patterns are formed and how to break free from them.
- Getting clear on what brings you joy and how you bring more of this into your life.
- Increased sense of mindfulness, gratitude and wellbeing.
- Support for breaking "bad" habits or ways of thinking.

Duration: 3 hours

Investment: £495

Your life goals and making them happen

Description: Goals aren't just for careers or health targets. Humans have an innate need to reach for and accomplish goals, and this workshop helps women to identify and set exciting and fulfilling goals across all areas of their life.

They'll be given the time to explore and get clarity on the goals they want to achieve, a way they want to feel, or who they want to be.

I loved the workshop - Rosie created the perfect space for me to learn, reflect, and share a morning with a wonderful group of women.

THRIVE workshop attendee



They'll then be supported to create an inspired plan of action that excites and challenges them to reach these goals, increasing their drive, fulfillment, and life success.

Outcomes

- A sense of purpose and direction towards a fulfilling and intentional life that you are excited to build or re-build.
- An inspired action plan unique to you that will help you take action and get you from A to B.
- A sense of what blocks might be holding you back from taking action, and how to remove them.

Duration: 3 hours

Investment: £495

Worthy of More

Description: This transformational one-day course will teach women how to stop letting fear and self-doubt rule their life's decisions, Participants will learn how to embrace and accept all sides of themselves so they can feel proud of who you are. Ultimately, they will learn who they really are, love who they really are and be ready to create a life they are worthy of.

The course will cover:

- Identifying how you want to feel about yourself and what desires you have for your life.
- Understanding the limiting beliefs, stories, patterns that are causing your lack of confidence and self-belief.
- Challenging these beliefs and replacing them with more empowering ones.
- Cultivating a more positive mindset towards yourself and your life.
- How to take inspired or joyful action towards a life that excites you and that you feel worthy of.
- How to deal with setbacks and become more resilient.

Outcomes

- A transformation in the way you feel about yourself and what you're capable and worthy of.
- Make healthy, happy and confident decisions in your life, relationships and career.
- Learn how to create positive new habits that boost your sense of self-worth and uplevel your life (and that stick!).
- More self-love and self-acceptance.

Duration: 1 day - 6 hours (or can be delivered as two half day sessions)

Investment: £995

1:1 SESSIONS

Whether you're looking to build an attractive recruitment package for your female employees and senior leaders, or simply wanting to provide a colleague with some extra support for their self-belief and confidence, I can offer one-to-one coaching packages bespoke to individual needs. A truly transformational experience that gets high level results.

PRICE ON APPLICATION



The wellbeing workshops have been hugely beneficial for the women we support. Rosie is very knowledgeable and delivers her sessions in an empathic and relatable way. Alongside the written feedback given was a text I received to say 'I really enjoyed the session today, I feel a lot more confident and self assured.' And another to say 'Thank you so much for everything, I have enjoyed it so much.' We are looking forward to collaborating with Rosie for future sessions.

Becky Federoff, Glow – Domestic Abuse Recovery Service




Contact Me


If you want to support the women in your organisation or community to have the confidence and self-worth they deserve, I'd love to hear from you.


I can deliver the workshops within this brochure either in-person or online. I can also build something bespoke to your needs, if required.

Charity and non-profit organisations may be eligible for a discounted rate, so please mention when you enquire.

I look forward to hearing from you.

 07748 538840

 hello@rosiemilsom.com

 Or message me on [LinkedIn](#).

