

Empowering Mums
confidence, balance and joy

- being fit, healthy and in control of your life.

imagine



start your journey
today

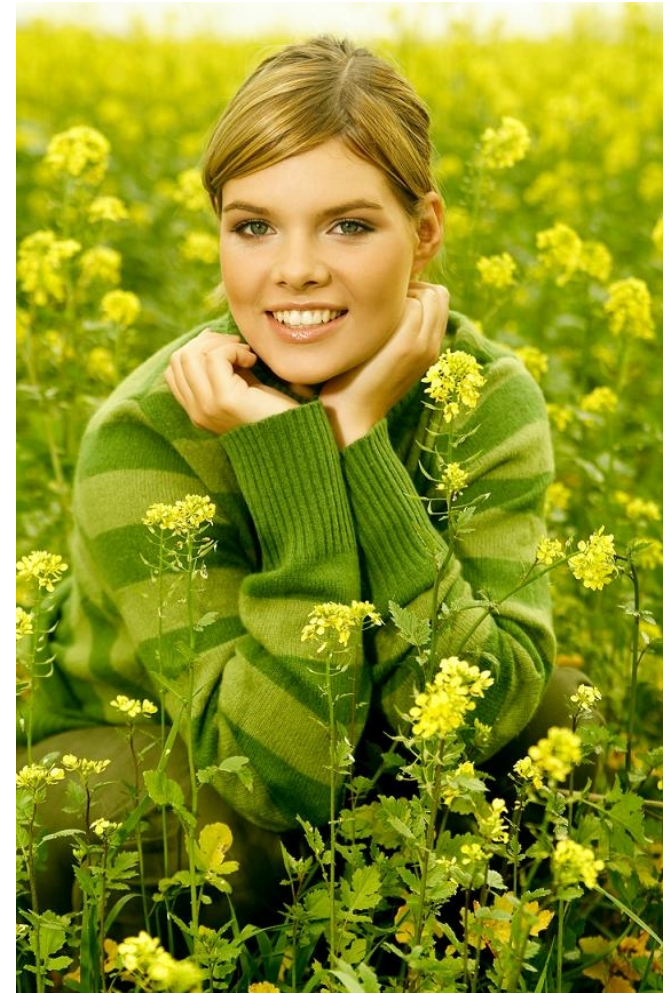
Empowering Mums offers one-to-one personal coaching to help expectant, new and experienced mums become the women they strive to be.



start your journey
today

Having a baby is said to be the most natural thing in the world, but being responsible for a family brings many uncertainties, inadequacies, sleepless nights and feelings of isolation.

Empowering Mums provides more than just a coping mechanism. We want women to achieve life-long ambitions and goals in all aspects of life to become successful, fulfilled and happy women.



start your journey
today

Empowering Mums helps mums to adopt a well-balanced approach to life by overcoming the following negative thoughts and feelings:

- * Stuck in a rut, unable to step off life's fast treadmill
- * Pulled by conflicting responsibilities
- * Guilty for working instead of spending time with your children
- * Tired of strained relationships with your partner or children
- * Unsure how to solve parenting issues
- * Unable to satisfy your longing for a better life
- * Fed up of yo-yo dieting in a quest to achieve your desired weight
- * Lacking in confidence
- * Low in self-esteem that stops you living your life to the full
- * Overwhelmed by life's challenges and lacking direction
- * Considerate to everyone else's needs but not your own
- * You don't have enough hours in the day
- * Craving some 'me time' to relax or learn a new skill or hobby
- * Stressed by the clutter in your life
- * Fearful about returning to work
- * Looking to start a business but lack self-belief to do so
- * "I'm a mum, wife, partner - but who am I?"
- * Desperate to talk to someone about worries and frustrations



start your journey
today

Empowering Mums brings support and understanding to mums struggling to cope with the challenges they face.

Through a support programme tailored to suit our clients' exact needs and adapted to fit busy lifestyles, mums are coached to overcome their biggest issues, find their own solutions and celebrate their success as empowered women and mums.

By identifying what they want most out of life, mums become confident, balanced and happy women who are in control of life and its direction.



start your journey
today

Tracey Wall, founder and director of Empowering Mums, is a professional and accredited personal coach. Tracey graduated with Distinction in Personal Performance Coaching from the UK's leading coach training organisation, The Coaching Academy. Continuing with her professional development, Tracey has successfully achieved accreditation as an Advanced Confidence Coach with Dawn Breslin, one of the UK's leading self-development coaches. Tracey's experience spans over ten years of implementing coaching principles and practices to the corporate world. In both business and sales management roles, Tracey led high performance teams of multi-million pound businesses.



After burning herself out and becoming seriously ill, Tracey acknowledged she needed a career change. Luckily her family and friends fully supported her through this difficult time in which she lost her sense of self and direction. During her recovery, she realised there were many other mums suffering in the same way; trying to balance careers, children, relationships and running a household to become what the 21st century terms a 'supermum'.

Empowering Mums was born out of Tracey's positive and negative experiences, combined with her skills acquired during her time working in the corporate world. She uses her experiences as a mum to understand and empathise with the challenges of motherhood. Using her expertise, she coaches mums in a warm and intuitive manner, to help them transform and positively enhance their lives by identifying and realising their true aspirations.

Tracey lives her personal life according to her true values and uses many of her coaching techniques to do so. It is this fulfilment that sparks Tracey's great passion for helping others achieve the same contentment in life. Aside from her work and day-to-day family duties, Tracey spends as much quality time as possible having fun with her daughter Megan.



start your journey
today

testimonial L Westhead, Bolton

“When I met Tracey, I was experiencing a critical time in my life and I needed to change life-long habits in order to embrace and enjoy my future.

In my opinion, Tracey’s greatest skill is her natural instinct. She gets a true feel of how you are feeling and her subtle probing gets straight to the heart of the matter, ensuring you are sufficiently aware of the issues so not to shy away from them!

Since working with Tracey, I feel more assertive and strong – attributes needed to reach my ultimate goal. I have taken control of my life and my career, and I am finally putting myself first – something I would never have done before.

I have no hesitation in recommending Tracey to anyone in need of personal coaching.”



start your journey
today

testimonial L Roberts, Cheshire

“It has been great to have an unbiased, non-judgemental sounding board and to be able to take time out and talk about me and my life. Tracey is a good listener!

Coaching has enabled me to gain focus and direction, whereas previously I went rushing throughout the day not knowing where my time was being spent between school runs.

With Tracey's support and encouragement, I now have the ability to structure my days to fit in tasks without rushing and feeling overwhelmed.

I now have more quality time to enjoy my time spent with my children – thank you!”



start your journey
today

contact

www.empoweringmums.co.uk
enquiries@empoweringmums.co.uk

Tracey Wall – Director

07523 496 353

01606 334 015

tracey.wall@empoweringmums.co.uk

Kathryn Jenkinson – Marketing

07812 186 523

01978 762 252

kathryn@empoweringmums.co.uk



start your journey
today



confidence, balance and joy
achieve

