



The truth about confidence

“FUN WORKSHOP &
INSPIRING TALK”
FOR ALL AGES

**Would you like to wake each morning feeling confident about the day ahead?
How about having the confidence to grasp more of the opportunities that life has to offer?
Or would you like to be able to look the mirror at any time of the day and no matter what
you are wearing or how your hair looks you are able to say to yourself 'You rock!'?**

For over 20 years low self esteem, lack of confidence and self belief, eating and weight issues, relationship challenges and a distinct dislike for herself led Jules to blend into the background and stay stuck in a life of self doubt, but enough was enough.

Through her **energising talk and/or practical workshop** Jules shares her personal journey from low self esteem and lack of confidence to hiking through the Andes and walking across fire. She inspires and ignites possibility in audiences of all ages and teaches how anyone, at any age, can harness their inner powers and zap the baddies of fear and self-doubt and become fearless and with a passion for success.

Inspiration • Motivation • Confidence • Personal story • Personal development

“Inspirational - thank you!

Alison Roome-Clifford. Assistant Chief Constable
Hertfordshire Constabulary

**“Jules is truly inspirational, hearing her speak is like putting on a pair of
spectacles; suddenly everything is clearer
and the world looks like a different place”.**

Fiona Davies
Service Manager, WiRE

Call Jules now to book **07970 444694**



POSITIVE BELIEF

with Jules Wyman

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