



Stepping
into our
Power

It's not about the "right" way to be powerful. It's about being powerful YOUR way. In a way that is true to you.



Stepping into our Power

A year-long coaching programme for those ready to reclaim their capacity, their influence, and their life

If you're ready to step into your power in 2026, in a way that is true to you, without having to become a different person, then this is for you.

The truth about your Power

We all have the most incredible abilities. More than we give ourselves credit for. Yet do we have the capacity to use them the way that we want to?

You already have power. Because you influence others and the course of events every day. Possibly in small ways, but you still do it. It's the nature of community - we all have some power.

The question is: are you giving that power away?

**Your abilities are not the problem.
The world draining you of your capacity is.**



Who's really in control?

Where are you giving away your power? Which voices are the loudest in your life?

The family member who keeps going on at you.

The supposed "friend" who makes you feel like sh*t.

The social media accounts whose posts make you feel inadequate.

The news media that persuades you the whole world is a disaster.

Influence is power.

When we give away our power to others, it enables them to influence our behaviour. Who influences your behaviour? Are you comfortable with them having that power?

This programme will show you how to retain your power, rather than giving it away to people who don't deserve it or who cannot be trusted with it.



The foundation of your Power

If you're not looking after yourself - your mental health, your emotional health, your physical health - it's going to be really difficult to access your power and use it effectively.

Self-care is not just painting your nails and having bubble baths. Self-care could be radically changing your life so that you have the opportunity to care for yourself the way you want to be cared for.

It could be something huge. Or it could be something small, every day. But without it, it's really hard to access the power that we all have.

Self-love, self-care, boundaries, and a firm knowledge of WHO YOU ARE is the root of your power.

There is no power without self-care. Withholding love and care from yourself is stunting your power.



Power on your terms

If you've had negative experiences of other people's "power" and "leadership," it's not surprising you're scared of claiming those words for yourself.

It can be so confusing when other people's fear, lack of emotional maturity, and lack of emotional regulation are sold to us as "power" or "being a boss."

Let me be clear:

Your power is your ability and capacity to change your world, so it becomes a world you want to live in.

Your leadership is your ability and capacity to show others how they can do the same.

Using that power only has to look like what you want it to look like. All guns blazing or quietly moving forwards. Your choice.



Moving forward with strategy & energy

Moving forwards, quickly or more slowly, always feels powerful. Are you ready to move forwards with confidence? Do you know where it is that you want to go? Understanding what you want requires clarity. It requires a confidence in what you deserve. Moving forwards towards what you want requires strength and energy.

You already have the strength. And you already know what you want. We just might need to unlock it.

I know that you are tired. I know that energy is hard to come by. I also know that we can uncover the ways in which your life is draining you and how we can bring the energy back.

In this programme, we'll explore how to gain clarity, find confidence, recognise your strength and nurture your energy, so you can move forwards with purpose and power.



When did you last feel alive?

When was the last time you felt free? The wind in your hair, the sun on your face?

When was the last time you felt joy? Shining, glorious joy filling up your chest?

When was the last time you had an adventure? Something exciting, something new?

When was the last time you felt your passion rip through you? Roaring, fiery, all-consuming?

So many people are plodding. Shuffling. Sleeping through life. And as far as I know, we only get one!

It is not your fault. So many things are stripping you of your capacity. So many influences are drowning out what you know to be true. So many messages make simply loving yourself feel out of reach. It feels impossible to move forward, because you don't even know where it is you want to go.

I am done watching it. I am so over watching you sink.



Why I'm the right guide for this journey

You best believe that I have been in the hole that you're in. I'm still climbing out of it. I do not coach from a place of sitting pretty. I coach from being down in the dirt with you, but just far enough ahead that I can show you the path.

2025 for me was a journey from autistic burnout, to financial insecurity, to EMDR trauma therapy. I am most proud of having reached out for help with all of those things as I couldn't navigate them alone.

And that was just the most recent year of my transformation. The last 10 years of my life is exactly why I want to stand by you as you step into your power.

From navigating a child with a life-limiting health condition, to divorce, to non-standard relationships, to recognising the neurodivergence across our entire family... Stepping into my power has been incredible.

Easy? No.

Worth it? Oh. Hell. Yes.

“Working with Helen has been absolutely life changing. As someone who has very much been stepping into her power in the last couple of years after coaching with Helen and is now reaping the rewards in terms of joy, fun, excitement and freedom, I can tell anyone who's on the fence about working with her to absolutely jump at this opportunity. You won't regret it.”

Sam MacMahon, Social Media Manager

Working with Helen has genuinely changed my life - it has transformed every single aspect of it. All because I stepped into my power by stepping into who I am rather than trying to be something else. This work has transformed every part of my life: parenting, communication with my kids and husband, how I look after myself, and my business. It's a long process, not just a one-off, but it's absolutely worth it.”

Jen Cooper, Vertical Drama Consultant





What makes this different?

I am not playing around. This will be a year of working with me, and it will be full on. No more dancing around the edges. I know the path, because I have walked it.

This is for you if:

-  You're ready to stop giving your power away
-  You want to build unshakeable self-worth and boundaries
-  You're tired of other people's opinions drowning out your own truth
-  You want to move forward with strength and energy - on your terms
-  You're committed to radical self-care as the foundation of your power
-  You want to create a world you actually want to live in

You deserve real change. Not another easily forgotten workshop. We are Stepping Into Our Power.



Ready to step into your Power?

Here are the details you need:

-  **2 group coaching sessions a month for 12 months (24 sessions in total)**
-  **WhatsApp support – when you work with me I am on your team for the whole time**
-  **Worksheets and self-directed work available between sessions**
-  **Free membership of The Happier Life Hub community for the whole time you are in the programme ***
-  **A free ticket to Happier Life Live in April 2026****

*if you are already a member your subscription will change to a free subscription

**if you already have a ticket, this will be taken off the cost of the programme





Sessions

Sessions will be online or in person depending on your location and the location of those in your group. Sessions will be 90 minutes to 2 hours long.

Groups will be limited to 4 participants. I have space for 4 groups, so there are 16 spaces in total.

Secure your place with a non-refundable deposit of £99.

Dates, times and locations for your group's sessions will be agreed within the group, and I will ensure that sessions are accessible for all participants.

Prefer to work with me 1:1? I have 3 spaces available for you to undertake this programme on a 1:1 basis. Please email helen@happier-life.co.uk to express an interest in one of these places, and I will be in touch with the details and how it could work for you.



Scan to step into your power



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www.intoyourpower.co.uk