



## STEP OUT OF THE SHADOWS

30 August 2007



**Self confidence is one of our most attractive qualities but lack of confidence can be one of the biggest reasons for disappointment in our lives.**

Have you ever looked on enviously as the confident party girl sashays around being everybody's best friend? Or watching an ordinary looking man morph into a babe magnet? Doesn't it rankle when your confident colleague gets yet another pay rise or secures that target busting sale? Lack of confidence can have a devastating impact on your life and happiness levels.

Ultimately we can all lose confidence from time to time. People can sap our confidence and self esteem levels at work, at home, in relationships and through self doubt. Nobody is confident all

the time in all situations and even people who outwardly appear invincible will have insecurities stashed away somewhere.

### **Secret of success**

Over the last ten years, life coaches Rosy Maria and Belinda Pestana of **Secret Success** have successfully helped many people struggling with confidence and self-esteem issues to lead a more successful and fulfilling life by sharing their knowledge of how to re-programme the mind for instant confidence.

On Saturday 15th September at the Montague Gardens Hotel, London WC1, Rosy and Belinda will be holding a workshop offering participants a one day life-changing opportunity to 'Get Confident, and Stay Confident' - and they are offering a discounted rate of £175 per ticket to this event or "Overcoming Phobias" on 8 September for all **Relentlessly Positive** readers.

### **Take control**

By changing and taking control of unwelcome thoughts, images and feelings of doubt, you can learn to switch off fear and desperation and create massive amounts of confidence and motivation in just a few moments.

"No matter how long you've had confidence and self-esteem issues for, we have a unique and effective system that makes creating confidence surprisingly easy." comments Rosy Maria.

Belinda Pestana added "We are extremely passionate about what we do and that enables us to relate to and understand people from all backgrounds, cultures and the individuality of each person's issue".

Secret Success are extremely confident that people who attend the workshop will: Feel stronger in difficult situations and become confident in everyday life; relationships, dating, public speaking and business

- **Learn the secrets of naturally confident people**
- **Feel completely comfortable within themselves**
- **Create confidence quickly and easily**
- **Learn powerful mind-programming techniques to fill the mind with positive thoughts and feelings**
- **Have the power to go for anything one wants in life**

Rosy concludes: The amazing thing is that our workshop can benefit everyone – child, teenager or adult, male or female.

By the end of the day your whole attitude to life will have changed for the better.”

#### **CASE STUDY**

Gwen McIntyre had been suffering from a lack of confidence and low self esteem for over 20 years and was at her wits end.

“I was an extremely timid person, I was bullied at work by colleagues, found it hard to confront people about issues, struggled to mix socially and was afraid to ask for what I wanted in life. When I used to go to the job centre, people used to push me from one person to the next or send me to the back of the queue, leaving me until last, I was so vulnerable I used to freeze even at the thought of saying something.

“Every time I went to the chemist to collect a prescription for my mother, it was never ready, I was always kept waiting for so long. I used to watch other people come and go, they didn't care that I was waiting. I would be seething inside at being treated like this but I just didn't have the confidence to say anything, and so I put up with being treated badly”.

“I decided to attend a workshop with Secret Success and it has changed my life. Their approach was friendly and relaxing and using different techniques from neuro-linguistic programming to thought field therapy I have been able to create massive amounts of confidence. I can now stand up for myself, am no longer nervous or timid. I have the confidence to walk tall, approach people with my head held high, feeling really confident strong and assertive. I am enjoying my social life again and am going out a lot more. I am confident in what I want and taking action, to get it.”

**Rosy Maria and Belinda Pestana have been coaching people for over 10 years, they** founded **Secret Success Ltd** because they are both passionate about helping as many people as possible to overcome life's challenges, fulfill their dreams and lead a happier and more successful life.

They are highly qualified in a range of techniques are licensed Neuro Linguistic Programming (NLP) Trainers, Hypnotherapists, Thought Field Therapy (TFT) Diagnostics, Time line Therapists, Life Coaches and incorporate the Law of Attraction.

Secret Success also specialise in a variety of different workshops including, Fears and Phobias, Quit Smoking, Weight Loss and NLP

To find out more and enquire about their forthcoming workshops contact **Rosy or Belinda** on **0800 002 5500 or 0208 979 6772** email: [info@secretsuccess.co.uk](mailto:info@secretsuccess.co.uk) or visit [the website](#)