



**Confidence** — it's a crucial ingredient for success in so many areas of life, whether at work, in relationships or simply for getting out there and enjoying yourself. Confidence coach Lisa Phillips knows that confidence is really an inside job, and that by adopting the right mindset and learning a few tricks, people can release the fears and blockages that might have previously held them back.

Written in Lisa's trademark warm and humorous style, *The Confidence Coach* is a practical confidence manual that will help you:

- to feel better
- to have more effect
- to finish what you start
- to speak up
- to relax

So, if you don't believe in yourself, *The Confidence Coach* is the book for you.

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**CONFIDENCE**

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**Lisa Phillips**

Coaching  
Biography

Amazing Coaching

### Lisa Phillips - Multi Award Winning Life Coach

With over 22 years' experience, [Lisa Phillips](#) is an international leading Life Coach and Confidence expert. She is also a fully qualified Career, Interview, Law of Attraction and Inner Child expert. Lisa is also a Master NLP Practitioner and a qualified Counsellor. ( Australia).

Lisa founded 'Amazing Coaching' in 2000 while living in Sydney, Australia. A former Internal Auditor working across 15 countries for a UK multinational company, Lisa has also held Senior Management roles in Training, Staff Engagement and Communication in the UK, Singapore and Australia.

Now residing in the UK, Lisa is the author of ' [The Confidence Coach](#)' book and her work is regularly featured on TV, Radio and a wide range of business and lifestyle magazines. Please see here for [Media](#) page. She is currently the expert Life and Confidence Coach on The Love Destination TV.

Lisa has been awarded several international awards for her leading-edge coaching techniques including three Bronze Stevie Awards.

## Testimonials from Happy Clients!

Lisa offers a range of coaching services which can be taken face to face, Zoom or phone. Each coaching session lasts for 1 hour. After each coaching session, Lisa works with you to set 'homework' to complete between sessions to ensure changes are embedded quickly and easily.

Lisa also offers Group Coaching sessions and is an International Cruise Ship enrichment speaker.

### Un-edited Coaching Testimonials

Lisa has had a profound effect on my life. When I first saw Lisa I was a stressed out executive really struggling to keep it together in my corporate role. Lisa helped me create a vision of what I wanted out of my working life and set me on the journey of achieving it. Lisa helped me realise that you can achieve whatever you want to and supported me to move in that direction - thank you Lisa, you are truly AMAZING xxx **Tara**

Having suffered with depression for the past 40 years and having seen countless doctors, counsellors, psychologists, mental health centres and self-help readings, I decided I needed to engage a Life Coach. Lisa Phillips came to me (through Internet searching) and I engaged her services that had an immediate effect on me and my teenage son as we undertook confidence practice together. Twelve 12 months on my guiding path is the skills I learnt with Lisa.

Lisa helped me to find 'me' and in turn, helped those who I love. **Adrian**

## Testimonials from Happy Clients!

I'm not sure there are enough adjectives in the English Language to adequately describe just how amazing Lisa really is! I started seeing her a couple of months ago to help improve my confidence and get clearer on my goals and the direction I want my career and life to take. I come away from every session feeling like I've learned something I didn't know before. Her insights and techniques have helped me in so many different areas of my life from work to personal relationships. Learning to trust in the process can be challenging for a control freak like me but Lisa reassures me each step of the way. Thank you thank you thank you! Sheridan

[Contact Lisa Phillips](#) for a no-obligation chat today!