



Helen Henry Confidence Coach



2026 EASTER NEWSLETTER

LATEST NEWS

Membership Programme

In September 2025, I introduced the membership programme; a supportive space to turn to once you've finished your 1:1 work, or when you don't quite need a full coaching programme but know you'd really benefit from that extra layer of support.

Inside the membership, we come together for regular group sessions, alongside ongoing connection and encouragement through WhatsApp, so you're never left figuring things out on your own.

I reopened the doors for a new intake at the start of the year, and we're now a group of 22 members. Together, they're enjoying discounted 1:1 sessions, bi-monthly coaching, and perhaps most importantly, being part of a community that truly understands what it feels like to lose your confidence, and what it takes to build it back again.

There's something really special about women lifting each other up, reminding one another that they're not alone.

It's such a cost-effective way to stay supported, keep moving forward, and grow your confidence.

Keep an eye out for the next intake in May...

WHAT'S NEXT

Online Course

I'm currently creating an online course designed to support you at your own pace, with the added reassurance of WhatsApp support whenever you need it.

This course will gently guide you back to feeling confident, calm, and in control, so you can truly enjoy your time with your horse again; feeling more relaxed, present, and happy in the saddle.

Together, we'll explore how your mind works, why it sometimes feels like it's working against you, and most importantly, how to shift that. You'll learn simple, practical tools you can use every day to retrain your thinking, helping your brain work for you, not against you. Because often, your mindset is the missing piece of the puzzle.

To get you started, I've also created a free Confidence Journal; a beautiful first step to help you challenge and reframe your thoughts, and begin seeing things in a more supportive, empowering way. You can download it here:

<https://www.liveconfidently.co.uk/confidencejournal>

Confident You Membership

- ✓ Feel connected
- ✓ Get sh*t done
- ✓ Stay motivated
- ✓ Build self-confidence
- ✓ Feel genuinely happier
- 📅 Journalling
- 🧠 Mindset Webinars
- ❓ Q&A
- 🗣️ Guest speakers
- 💬 Support

Helen Henry Confidence Coach
Helping improve your Mindset and Performance

CELEBRATE

New beginnings



I've been reflecting on my body and all the changes it's gone through over the past five years and this last year has felt like the biggest shift of all.

My cycle has changed so much; I now only have a period every few months. I wake in the night with sweats, struggle to fall asleep, and if I do wake, it's often hard to drift back off again. The tiredness is on a whole new level; the kind where everything feels like an effort, like those final weeks of pregnancy.

Some days I just want complete quiet and space - no physical contact, just me and a good book. And at times, I lose words mid-sentence or can't quite grasp what I'm trying to say. That part feels the most unsettling, especially with my mum and grandma both having had Alzheimer's. I'm holding onto the belief that this is part of the menopause journey but I won't pretend it doesn't feel scary at times.

I'm choosing to see this as a new beginning, because that's exactly what it is, a new chapter I'm learning to navigate. I've started HRT, along with lion's mane, a balancer, and iron supplements. I'm still figuring out what works best for me, but I am starting to feel improvements. I'm paying close attention to my diet, my movement, and my rest; learning to listen to what my body needs, rather than pushing through.

Most importantly, I'm finding so much comfort in the openness and support of other women. The conversations we're having now, honest, real, and understanding feel incredibly powerful.

I want to keep those conversations going. To keep sharing, listening, and holding space for whatever you might be experiencing too.

I feel like we, as women, should be celebrated for yet another challenge we will accomplish

Confidence Coaching

I absolutely love riding Hamish, he truly is a beautiful soul. Every time I'm with him, I'm learning, growing, and deepening that bond between us. Each year feels like a step forward together, and that means so much.

I'm off to riding club camp this week and I genuinely can't wait. And the truth is, I'm not the most competent or naturally confident rider... and I'm okay with that. Because I now have the tools to support myself. I know how to steady my mind when it wobbles, how to stay present, and how to focus on what really matters, enjoying the ride and showing up for both Hamish and me.

If you're feeling stuck, with anxiety or fear holding you back, please don't sit with it on your own. You're not alone in this, not even close.

We so often invest in instructors to support us physically with our horse but your mindset is just as important. When you learn how to work with your mind, everything begins to feel different, for you and for your horse.

And that's exactly where I can help.



If you think you could do with a boost of confidence to support you with your fears or menopause, please message me.



HELEN.HENRY.CONFIDENCECOACH

