



*Confidently Set Your Team
up for 2026*

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SELF-LOVE * EMPOWERMENT * CONFIDENCE 

WELCOME

Hi there! I'm Sarah

I'm a confidence and empowerment coach qualified through Beautiful You Coaching Academy and I'm on a mission.

A mission to support and serve as many women in their 40's/50's and beyond as possible.

A mission to make sure women are living life to the full. Not just settling for fine but following our dreams and having the confidence to live life as we want it.

This can be individually or empowering women in the workplace to.

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MY GOAL FOR YOU TODAY ...

**Is that you leave with an awakened
vision for your team and some ideas
and reflections to help you put that
in place.**



A few facts about me

- Mum to 3 big kids - 21,24,27
- I love nature
- Love a good TV boxset
- Books, books, books
- Love music
- Not a runner - once knocked myself out
- In training to be a soundbath facilitator

New Year Refresh & Reset

**BUT resist the pressure of having everything planned
right at the start.**

The first thing to do is breathe!





Some reflective questions to start....



- How do I want to feel in 2026 – personally and work-based
- How do I want my team to feel in 2026?
- How am I feeling week 2 of 2026?
- How do I think my team is feeling in week 2 of 2026?
- Are we in alignment, or is it out of balance?
- Can I identify anything that needs to shift at the start of 2026?

CALM AND GROUNDED



*Your Emotional
state sets the tone*

Questions to ask?

What brings me joy? - do more of it!

What's important to me?

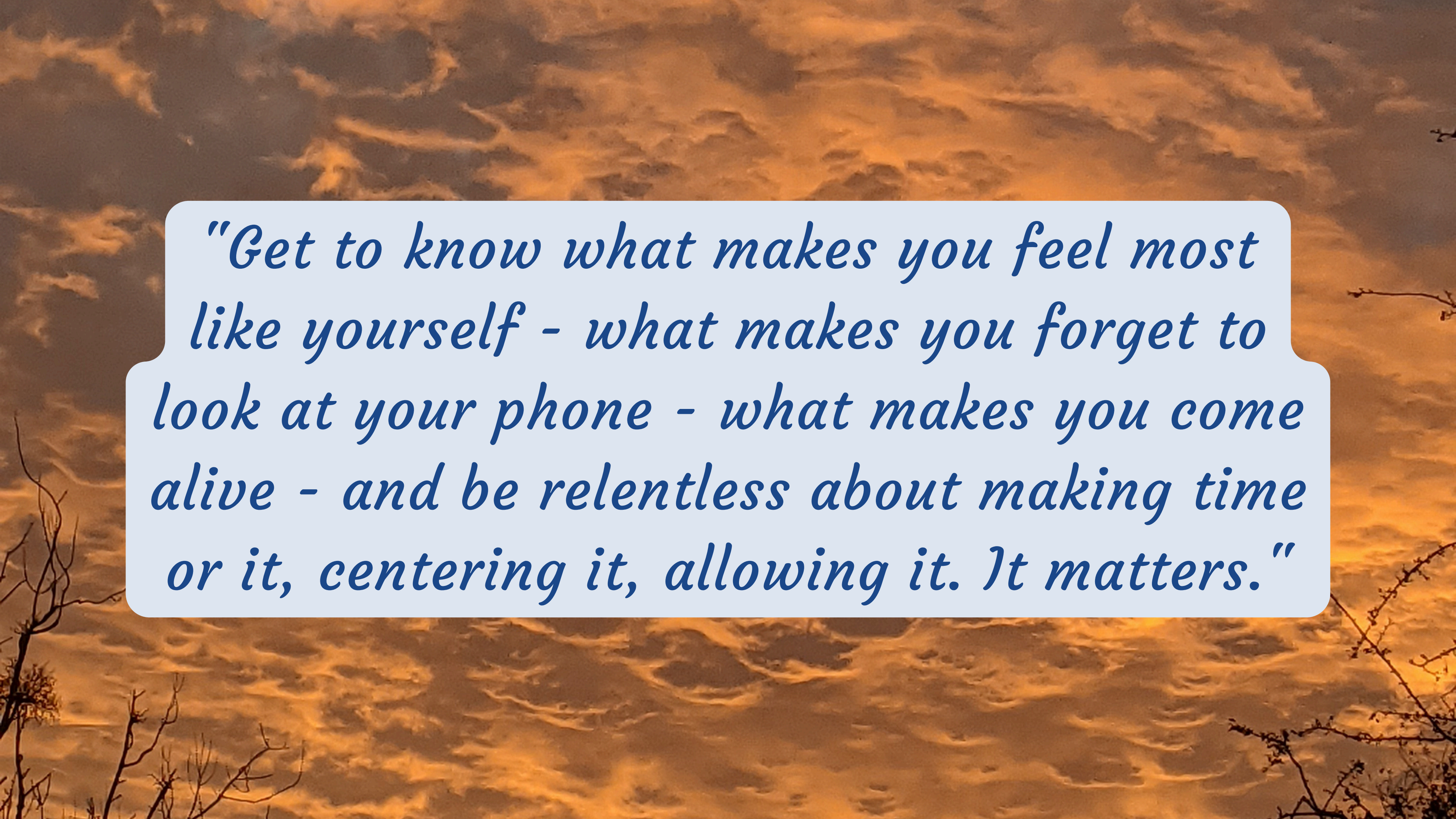
What are my values?

What do I love doing?

Who do I love spending time with?

What makes me feel calm? - do more

How do I want to feel? - what makes me
feel this way?



"Get to know what makes you feel most like yourself - what makes you forget to look at your phone - what makes you come alive - and be relentless about making time for it, centering it, allowing it. It matters."

Get Crystal Clear on What Matters this Year

~Overwhelm kills confidence, whereas focus builds it

~Dump, Discard, Delegate, Prioritise

~SMART goals

~3-5 true priorities

~If my team did 3 things exceptionally well this year what would they be?

~What would success look like in December 2026?

Align with the Bigger Picture

Build connection to the bigger picture for team members

Fosters engagement and buy-in

Feel like they matter

What are the first steps



Set Expectations that Empower



- **Clarity creates confidence - are the roles for your team clear**
- **Confident teams aren't afraid to speak up**
- **Normalise failure**
- **Not “who messed up” but “what can we learn and improve?”**



Set the Rhythm for the Year

Book in regular check-ins

Check progress

Celebrate

Next steps

Where are we?

What do we need to start?

What do we need to stop?

What do we need to continue?

Skills check

Some Final Questions

What is one thing you'll do differently in 2026?

What conversations have you been avoiding that could set your team up better?

How do you want your team to describe working with you by the end of 2026?

Don't forget about you!!





THANK YOU

I appreciate you spending your time with me today. I'd love to hear your takeaways from the workshop. Any questions?



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