

# CONFIDENCE

*With Elif Köse*

ISSUE JUNE 2025

## IS CRISIS LEADERSHIP QUIETLY DESTROYING YOUR BODY?

*The performance of power is killing us. Nati Beltrán's revolutionary call to pause, feel, and lead differently.*

## RECLAIMING FINANCIAL CONFIDENCE AT LIFE'S CROSSROADS

*Lesley Thomas on what it really means to rise financially: after divorce, burnout, or a life that no longer fits.*

# THE VOICE WITHIN SIBEL TÜZÜN

*From Eurovision stardom to soulful stillness, the artist's most powerful performance is the one where she finally hears herself.*



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A show designed to inspire, empower, and ignite change.

Welcome to Confidence TV, a space where real stories meet real transformation. This is more than just a show - it's a movement for those ready to break barriers, step into their power, and create a life of confidence, clarity and success.

Are you a leader, change maker, or someone with a powerful story to share? Do you want to inspire others with your journey, expertise, or mission? Are you ready to be seen, heard, and celebrated?

### Editorial Policy

Confidence Magazine is a values-led publication dedicated to amplifying women's voices, stories, and personal truths. We aim to inspire self-connection, confidence, and conscious leadership through emotionally intelligent content that honours lived experience, insight, and transformation. Our editorial content includes personal essays, interviews, expert contributions, and curated features across categories such as health, business, creativity, relationships, wellbeing, and social impact.

We are committed to: Upholding the dignity and authenticity of each contributor's voice. Representing diverse lived experiences with respect and compassion.

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Providing content that empowers, educates, or supports emotional wellbeing.

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BE PART OF A SHOW THAT CHANGES LIVES - ONE CONVERSATION AT A TIME.



# OWNING YOUR VOICE

When I was a little girl, my voice often lived in my chest, fluttering like a trapped bird. I would feel the words rise up, but they rarely made it past my throat. Not because I didn't have something to say...

But because somewhere along the way, I learned it was safer to stay quiet.

To be agreeable.

To avoid the gaze that said,  
"Who do you think you are?"

Maybe you know that feeling too.

Growing up, I wasn't taught how to use my voice. I was taught how to behave.

How to be polite, helpful, and unproblematic.

How to soften my edges and tuck in my power so I didn't intimidate, embarrass, or inconvenience anyone.

And so I became a master of shrinking, with grace.

But inside... I knew.

I knew I had something more.

Something important.

A truth that deserved space.

A fire that deserved air.

The journey to reclaiming my voice wasn't fast or tidy. It didn't happen overnight.

It came in whispers first. In quiet journal pages.

In moments of "**No, thank you**" and  
**"Actually, I feel differently."**

In allowing my emotions to have volume, even when it made others uncomfortable.

In choosing to speak before I felt ready because waiting to feel ready was costing me too much.

And what I've learned, what I live, is this:



Your voice isn't just the sound that comes out of your mouth.

It's the essence of who you are.

It's your truth, your boundaries, your ideas, your desires, your dreams.

It's the energy behind your "yes," the power behind your "no," and the sacred knowing behind your silence.

**"YOUR VOICE isn't something you have to earn. It's NOT SOMETHING you have TO PERFECT. It's something you ALREADY OWN." - Elif Köse**

This issue of Confidence Magazine is an invitation to remember that.

To remember that your voice isn't something you have to earn.

It's not something you have to perfect.

It's something you already own.

You'll hear from courageous contributors who've walked this path too who've lost their voices, buried them, battled to reclaim them, and now use them to shape change in their own lives and others'.

There are stories here that might stir a memory, challenge a belief, or inspire a decision.

Let them land gently. Let them land deep.

And as we step into the slower rhythm of summer, the warmth, the light, the space to pause.

I hope this issue travels with you.

Take it on your solo walks.

Pack it in your bag for a weekend away. Read a page while the kids are playing or while the kettle boils.

Let each word be a reminder that your voice is not too loud, too soft, too bold, or too broken.

It is yours. And that alone makes it worthy.

Here's to speaking, even if our voice trembles.

Here's to listening to the one within, especially when the world gets noisy.

Here's to letting our truth rise, without apology.

You're not alone in this. We are many.

And together, our voices create a chorus that cannot be silenced.

With love and solidarity,

**Elif Köse**

Editor-in-Chief, *Confidence Magazine*

Follow us on social media



Elif köse



Elif köse

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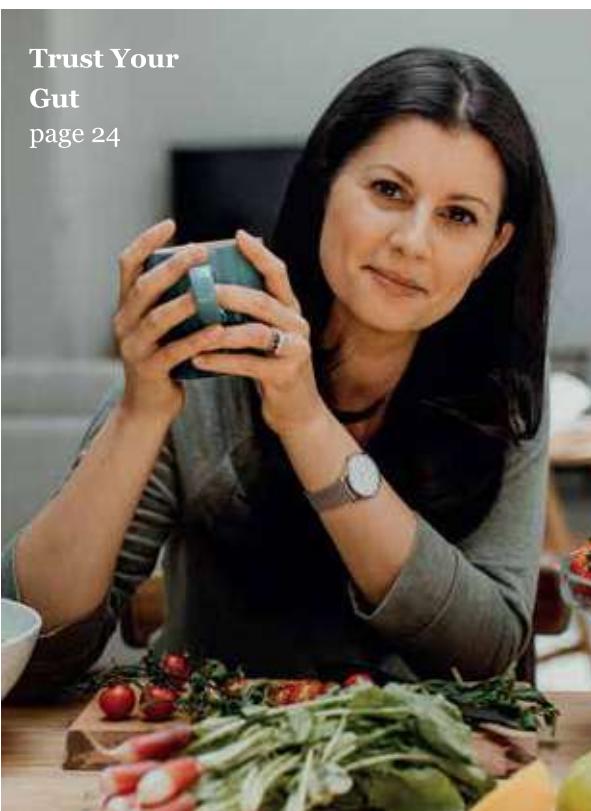
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***“The PRESSURE to  
BE PERFECT took  
me further  
from the TRUTH  
of my voice.”***



# Sibel Tüzün: The Voice Within

*From Eurovision stardom to soulful stillness, the artist's most powerful performance is the one where she finally hears herself.*

## Interview by Elif Köse

**Elif Köse:** I still remember singing your songs at the top of my lungs with my girlfriends dancing on my bed, feeling every lyric like it was a personal anthem. You were our icon. A symbol of power, femininity, and voice. And now, sitting here having this conversation with you... it's more than an honour. It feels like coming full circle.

**Sibel Tüzün:** Oh, Elif... that means the world to me. Truly. I love knowing that music can connect us across time like that. It's exactly why I've always sung to create moments that make us feel alive, seen, and strong.

**Elif:** And that's exactly what your story does. Let's begin at the heart of it all...

**Elif:** You've had an extraordinary career Eurovision, chart-topping hits, sold-out concerts. From the outside, you've always looked confident. Were you always that way on the inside?

**Sibel:** Confidence is something I was born with but like most women, I lost it along the way. Especially through my voice. On stage, you learn to project certainty. But there were seasons when I didn't feel it in my body. And it took me years to realise the difference between performance and presence.

**Elif:** What was your first memory of losing that sense of safety or inner confidence?

**Sibel:** I was five. I had this game where I'd run a few metres ahead of my parents on busy shopping streets, knowing they'd always be right behind. It gave me a sense of freedom. But one day, they hid to teach me a lesson. I turned back... and they were gone. Just for a few seconds. But something shifted. That feeling of safety vanished. I suddenly questioned: Can I trust? Am I alone?

**Elif:** That moment sounds like the perfect example of what Gabor Maté says: trauma isn't what happens to us, it's what happened inside of you as a result of what happened to you.. The wound it leaves. How did that experience shape your relationships later on?

**Sibel:** I think I started depending too much on others to feel confident. I always needed people around me, to feel held. And when I didn't have that, I felt unanchored. It took years of inner work to realise I could find that sense of trust inside myself. And a big part of that healing came through my breath. My voice. My body.

**“We all begin with BREATH, with sound, WITH JOY... until the world teaches us to HOLD BACK.”**

**Elif:** That's so powerful. When did you reconnect with your voice not as a performer, but as your truth?

**Sibel:** It wasn't one moment more like a return over time. But the turning point came when I began teaching. I started helping other people who had never sung, or who were told to be quiet. Through guiding them, I met myself again. I remembered the pure joy of sound, without judgment. Just being.

**Elif:** One of the most touching things you said was that when we're children, we breathe and sing freely. But then we grow up... and we judge. We

control. We tighten. How do you help people unlearn that?

**Sibel:** By helping them feel safe again. Safe in their bodies. Safe to make sound. I use breathwork, gentle vocal exploration and we strip away expectations. I remind them: your voice doesn't have to impress anyone. It just needs to return to you.

**Elif:** You've also stepped into some deeply meaningful work especially with your Ageless Voices programme for adults over 40, and now with trans and non-binary people. Why was that important to you?

**Sibel:** Because the voice is part of our identity and it evolves. As we age, as we transition, as we heal. I've always felt that everyone deserves a safe space to express themselves, to reconnect with their sound, especially when life tells them to shrink. These communities remind me daily that confidence isn't fixed, it's cyclical. And voice work is a beautiful way to honour that.

**Elif:** What's the connection for you between motherhood and voice?

**Sibel:** Oh... that's everything. Being a mother is raw. Beautiful. Exhausting. It brings you back to your own childhood to wounds you didn't even realise were still there. I've had to find my voice again and again while raising my children. Sometimes whispering. Sometimes roaring. But I'm always learning. Always showing up. Even when I'm not sure I'm getting it right.

**Elif:** You also speak openly about your transition into menopause and how it affected your sense of

femininity and confidence. That's still such a taboo topic in many cultures. What helped you navigate it?

**Sibel:** It's true, menopause was unexpected for me emotionally. I've never been someone who relied on makeup or fashion trends, but there was a soft sensuality I always felt within me. And during menopause, it felt... distant. But it also became an invitation. To redefine what femininity means. To connect with the deeper, wiser, ageless part of being a woman. It's still unfolding.

**Elif:** If a woman reading this feels like she's lost her confidence, or her voice... What would you tell her?

**Sibel:** I'd say this: you don't need to be a singer to use your voice. You just need a little space. A little breath. A little presence. Start there. Start soft. And let the rest come.

**Elif:** And now, with your Summer Voice & Wellness Residency in Turkey what do you hope women will experience?

**Sibel:** I want them to exhale. To drop the mask. To find stillness by the sea. To hear themselves again. Because when your voice meets your soul, confidence flows.

**Elif:** Thank you, Sibel. For being real. For reminding us that confidence isn't about volume it's about resonance.

**Sibel:** Thank you, Elif. For this space. For hearing me. For singing with me all those years ago.



## SİBEL TÜZÜN

Sibel Tüzün is an award-winning singer, voice coach, and creative mentor known for her iconic Eurovision performance and soulful presence. Today, she helps women reconnect with their authentic voice through breath, sound, and stillness guiding them to reclaim confidence, expression, and emotional power at every stage of life.

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Photography by Zeynel Abidin Akgül



***The most POWERFUL part  
of TEACHING voice is not  
what I give, it's what  
I RECEIVE.”***



**“What MATTERS more to  
me is how we’re doing it  
ROOTED in  
AUTHENTICITY and  
CARE.”**

# **OWNING MY VOICE: A JOURNEY FROM MISUNDERSTOOD TO UNAPOLOGETIC**

**F**or so much of my life, I felt misunderstood.

**F**Not because I didn't have anything to say - quite the opposite. I was full of energy, ideas, and instinct.

But growing up in a dysfunctional home and navigating the world with undiagnosed ADHD meant that my intensity often came across as "too much," "too loud," or "too chaotic. I internalised that. I tried to mould myself into something more palatable, more acceptable. In doing so, I lost sight of who I really was.

## ***"Owning my VOICE has meant LEARNING how to HEAR it first."***

It's only now, in my forties, that I can look back with compassion - not just for the younger me, but for all the versions of myself who were just trying to survive. It took numbing, burning out, rebuilding, and doing the deep, uncomfortable work of healing for me to understand what was really missing. Not the understanding of others, but a relationship with myself.

Owning my voice has meant learning how to hear it first.

When I finally sought an ADHD diagnosis, it wasn't about labelling myself it was about unlocking the truth. Understanding how my brain works helped me stop fighting with myself. The things I once saw as flaws - hyper-focus, sensitivity, intensity, I now recognise as gifts when channelled with care. Through coaching, and countless hours and investment in group development work, I learned how to regulate my nervous system, calm the noise inside, and find clarity. That's when everything changed. That's when I changed.

And from that place of deep self-connection, my business Event Exec, evolved too. It literally pays to be regulated.

Yes, I'm proud that we've grown into a £2.5 million company with access to some of the most iconic events in the world. But what matters more to me is how we're doing it. We're building something rooted in authenticity and care - not just for our clients, but for ourselves and each other. The events industry is often all sparkle on the outside and exhaustion behind the scenes. I want to be part of changing that.

That's why I've begun creating wellness experiences for the people behind the brands. The powerhouse execs who rarely get a moment to exhale. These events are designed to help people get present, reconnect with themselves, and rediscover the joy that brought them to this work in the first place. It's about rehumanising hospitality and putting true connection, wellbeing, and presence at the centre.

Owning your voice isn't just about speaking louder. It's about knowing who you are beneath the noise, the masks, and the conditioning. It's about giving yourself permission to show up fully - not only in the boardroom or the pitch, but in life.

If my story stands for anything, I hope it reminds others of the power we're seeking. The clarity, the confidence, the voice - it's all already within us. We just need the space, the safety, and the support to let it out. The real beauty of having started out in life feeling misunderstood, is discovering that when you more deeply know yourself, the understanding of others matters far less. It's lovely to feel seen, but in the end the real gifts of life kick in when we start to truly see and love ourselves.

And that's the journey I'll keep championing, in the events industry and beyond.

***Laura***

## **LAURA ROSINSKA**

Laura Rosinska is the visionary founder of Event Exec, a luxury event ticketing company redefining industry standards. From a turbulent past to building a £2.5M business, she champions wellness, authenticity, and women's leadership. Laura is pioneering a new era of events, where success and nervous system regulation go hand in hand.

Founder an CEO of Event Exec  
Website -<https://event-exec.co.uk/>



A photograph of a social gathering. In the foreground, a woman with dark curly hair is laughing. Behind her, a woman with long dark hair and a tan sweater is looking up with a surprised or excited expression. To her right, a woman with long dark hair and a white t-shirt is smiling. Further right, a woman with curly hair and a black top is laughing and holding a glass of white wine. The background shows a red wall and a sign that reads "FRA".

# THE CONFIDENCE OF NOT KNOWING WHAT YOU'RE DOING

***“LIFE isn’t about  
KNOWING the ANSWERS,  
it’s about FINDING THEM  
one step at a time.”***

**I** don't know what I'm doing and I don't know how I got here. That's the honest truth.

I've spent the last nine years building a community of 160,000 women across 25 communities across the UK. I've worked with thousands of volunteers, hundreds of businesses, and been responsible for thousands of events.

I've helped thousands of women find jobs, friends, business connections, travel companions, housemates, and things to do in the city. A far-too-high percentage of those thousands have found refuge and support from physical, sexual and emotional violence too.

How?

No idea.

I'm writing a book about it to try and figure it out. Though, it'll help you more than it'll help me. I have to keep moving forward – nine years ahead.

When I pitched this piece to Elif, she laughed. I imagine you also had a little giggle at the first sentence. Perhaps with a light nod that you feel that way too. It's the same reaction I get when I answer the question:

**"How did YOU build THAT?!"**

Really, I have no idea.

It's not an attempt to be humble – though my early beginnings told me that's the only way to be a nice human. Nor is it a call for you to refuel my self esteem.

It's the truth as I see it. The most liberating, comforting, confidence-soaring truth that there is.

Sometimes, it's a truth that can cause a sense of panic; like when I became an employer for the first time and was suddenly responsible for another person's livelihood. I left the PAYE life and ventured into self employment when I was 24. I'm not sure I've ever truly understood what a payslip was. Yet, there I was, giving payslips to other people.

It's also a truth that creates exhilaration; like the first morning I woke up as a full-time self employed person. My schedule was my own. No more holiday forms, office rules, and overstimulating

## **"BRAVERY. That's the LESSON."**

environments. No more turning down opportunities for the City Girl Network because I was on someone else's time. No more daydreaming of working for myself. I didn't know what I was doing, and that was the best feeling ever.

For context, I'd chosen to leave that stable PAYE job to give the City Girl Network a chance to thrive as a business. Brighton Girl was nearly a year old and it had already spun out into Edinburgh and Berlin. But, without any capital or business knowledge, the only way I could fund myself and the business was to be a digital marketing freelancer. I didn't know how to do that, either.

Please don't stop reading at this point and assume that the best way to move forward is to quit your job without a plan. That's definitely not the lesson.

To be clear, I was 24 with no mortgage, children, pets or dependents, so the only person I was responsible for was myself. I was armed with the fearless naïvety of being in your early twenties; I had very little professional experience and just a month's rent in savings.

That summer, I became homeless following a relationship breakdown, sofa surfed for three months because I was too broke for a houseshare deposit, and was being tested for both cervical and breast cancer. I had no idea what I was doing, where I was staying, and how to advocate for myself in the healthcare system.

Until, I did.

You see, with every experience comes a lesson nohow to go through it. You may not have gotten it right at the time, but you can reflect on how to do it in the future. Like the time I tried to keep my knickers on for my first smear test.

**"I'm testing your fanny, not your knicker fibre,"** said the nurse, leading us both into hysterics.

The most liberating, comforting, confidence-soaring truth that there is.

I nearly wet myself from laughter in a smear test

because I didn't have the bravery to admit I was clueless.

### **Bravery. That's the lesson.**

Embrace the reality that you don't know what you're doing, and bravely seek answers.

When I say "*I don't know what I'm doing*", I'm really saying "*I don't know how to step forward*". Not from a strategic, "*blue sky thinking*" perspective – literally, one-foot-forward on tasks I've not tackled before. Those tasks, from setting up new automated email marketing campaigns to VAT registering your company, have the power to cripple me with self doubt.

But I've found great comfort in a one minute panic party saying

**"F\*\*\*K, I don't know what I'm doing"** out loud (mostly to my dog), followed by swiftly working it out for myself.

A quick dramatic outburst sweeps away the self doubt and forces me to see my situation more clearly: I'm not a worthless pile of poop who has no business playing in these waters, I just have a problem to solve.

Step by step, microtask by microtask, internet by internet, voice note by voice note, I work through it until my next panic party – when the cycle repeats itself.

There's an archaic, invisible, make-believe stigma in asking for help. Surely, if we've made the choice to follow our dreams then we should have all the

answers? I don't know which of the patriarchal overlords planted that seed into society, but it's utterly bonkers.

You're walking a path that hasn't yet been paved. Of course we should be asking for directions.

It's up to you how you ask. Personally, I take the approach of a quick internet check, then talking to a human in the know. I know that technology is enabling rapid sharing of complex information, but I'm still of the mindset that you learn more from human interaction. Even when you're trying to understand how to implement AI into your business – actually, especially then.

I may not be able to pinpoint the story arc of the last nine years of my life, without the indulgence of writing the whole story down. But I can recognise that the foundations of my ever-evolving story are glued together with my innate capacity to face the things I don't know. You could label that as resilience, or agility, or confidence.

I'd take all three and sprinkle it with a deeply rooted belief that I'll always work it out, supported by nine years of evidence.

After all, life isn't about knowing the answers, **it's about finding them – one step at a time.**

**Pippa**

**DISCLAIMER:** This article contains personal reflections on self-employment, trauma, housing instability, and women's health. It is intended for inspirational purposes only. If you are experiencing emotional distress or require support, please contact a licensed professional or reach out to a support organisation in your area.



## **PIPPA MOYLE**

Pippa Moyle is the visionary entrepreneur behind the City Girl Network, a social network that empowers and connects women living in 19 communities across the UK. Since starting her business in Brighton in 2016, 150,000 women and trans femmes across 19 UK communities have found friends, business connections, jobs, housemates, travel companions, businesses, campaigns and charities to support, as well as things to do in their local community and beyond.

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**Website - [www.citygirlnetwork.com](http://www.citygirlnetwork.com)**

Photography by Victoria Dawe



**LOST LUGGAGE,  
LOST VOICE**

I landed at Heathrow in August 2022, grey drizzle in full performance mode and two suitcases groaning with “power” dresses from my old life. Back in Kazakhstan, I’d been the wedding-industry wunderkind size-UK 10, bilingual, and booked solid. London, however, couldn’t care less. Overnight I lost my title, my client list, and, annoyingly, my waistline. A seven-croissant surplus nudged me to UK 12, and every zip mutinied.

Each morning I auditioned for “Former Successful Me,” and each morning my clothes booed me offstage. The epiphany came in a fitting room where I swallowed pride, grabbed the trousers one size up, and fastened the button without a struggle. The exhale that followed was louder than the hand-dryer. Note to self: liberation sometimes begins one label higher.

### Dress for Success: the unexpected mirror

Still job-hunting and marinating in self-pity, I heeded my mum’s Soviet-era wisdom: “If you can’t make yourself useful, be useful to someone else.” I signed up to volunteer with Dress for Success London hem-pinning, pep-talking, the works.

My first client there was Aisha, a warehouse-supervisor hopeful whose hoodie swallowed her voice. We slipped her into a charcoal blazer and a marigold blouse (a bold nod to her warm undertone), practised handshake-plus-pause introductions, and watched her posture reboot. In the mirror Aisha saw possibility; behind her, I glimpsed mine. Helping her stand taller muted the critic in my head. Serve others; overhear your own rescue plan.



## Colour as life support

Next came a deep dive into colour analysis, where I discovered my power palette: deep autumn espresso, petrol, aubergine, merlot. The first day I wore a chocolate brown blouse, my cheekbones clocked back in and the under-eye gossip vanished. Sticking to that palette also turned me into an accidental minimalist; if a shade isn't autumn-approved, it never sees the till. My bank card sent a thank-you note.

## ***“Clothes didn’t RESCUE these WOMEN; they simply handed them the MICROPHONE.”***

### Promoting the new chapter

Clients didn’t fall from the sky; I hustled. Instagram reels on tonal trickery, TikToks on sizing-up sanity, LinkedIn lives about colour psychology breadcrumb content that led the right women home.

- Mira, a mum freed by nursery hours, booked a full transformation. Three months later she strode into her first networking event in rust-red wide-legs and a grin two tones brighter than her lipstick. • Elena, fresh from cancer treatment and wrestling post-steroid curves, traded hospital greys for mahogany knits that warmed her skin and her spirits.
- Sofia, owner of a Canary Wharf tuition centre, feared her fuller figure whispered “start-up chaos” rather than “director material.” Structured jackets in deep-teal and tobacco said otherwise; local investors agreed.



- Jade rang me on the day she planned to end her own story. One wardrobe edit and a capsule of moss-green and copper later, she cried for a very different reason: “I finally recognised the woman in the mirror.”

Clothes didn’t rescue these women; they simply handed them the microphone.

### ***Evgenia***

\*Names changed to protect individuals privacy.

## **EVGENIA PREIMANE**

Evgeniya Preimane is a London-based transformational stylist and colour-analysis expert. After swapping UK 10 for 12 and reviving her confidence through deep-autumn hues and charity styling, she now equips women—from new mums to business owners—to dress the lives they’re stepping into, not the ones they’ve outgrown.

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Website - <https://transformationalstylist.my.canva.site/>





# GUT HEALTH, CONFIDENCE & EMOTIONAL WELLBEING: *What Every Woman Should Know*

**R**ecently a client sat before me in tears. She'd been struggling for months with anxiety. When I told her, "**OK. So, we need to talk about your gut,**" she looked at me, confused.

I explained that gut health is inextricably connected to how you feel emotionally, how you handle stress, and even how confident you feel in yourself day to day. And here's the good news: what you eat can make a meaningful difference.

### The Gut-Brain Connection

You've probably heard the phrase "*gut feeling*" and there's real science behind it. Your gut and brain are constantly talking to each other through something called the **vagus nerve**. Think of it like a direct hotline between your belly and your brain.

Often referred to as the "second brain," our gut is the only organ to have its own independent nervous system, consisting of an intricate network of **100 million neurons** embedded in the gut wall.

Your gut also makes neurotransmitters, the brain's chemical messengers. Known as the "happy hormone," around **90% of serotonin** is made in the gut. It is highly influenced by the billions of "good" bacteria that make up your gut microbiome.

**"EATING WELL is a form of SELF-COMPASSION. It's how we HONOUR the fact that WE MATTER too."**

It's made with the help of the amino acid **tryptophan**, which we get from nuts, eggs, and meat like chicken and turkey. Neurotransmitters protect the lining of your intestines and ensure they provide a strong barrier against toxins and "bad" bacteria: they limit inflammation, improve how well you absorb nutrients from your food, and activate neural pathways that travel directly between the gut and the brain.

Your bacteria may even be sending 'requests' to your brain.

There are many families or species of bacteria in the

gut. One major species, **Bifidobacterium**, loves to munch on fibre. When you eat fibre, Your bacteria may even be sending 'requests' to your brain.

There are many families or species of bacteria in the gut. One major species, **Bifidobacterium**, loves to munch on fibre. When you eat fibre, **Bifidobacterium** produces something called **butyrate**. Butyrate can make its way to the brain and can improve mood. So, you might crave fibre because you've learned a Pavlovian response to that feel-good feeling.

**"You can be both  
EMOTIONALLY RESILIENT  
and GUT-HAPPY and it  
starts with how you  
FEED yourself."**

Perhaps you've noticed that you can feel low or even depressed after an illness or a course of antibiotics. When your digestion is poor or your gut is inflamed, it can affect your mood, sleep, and even how emotionally resilient you feel.

### Confidence and Food: What's the Link?

Confidence isn't just about mindset it's also about how you feel physically. When your **blood sugar is on a rollercoaster**, you're more irritable. When your **digestion is sluggish**, you feel heavy, flat, or just not quite right in your body. And when your meals aren't meeting your nutritional needs, you can end up relying on **caffeine or sugar** to get through the day a picture I see with my clients every single day.

When you start eating in a way that **nourishes your body**, you feel sharper, more focused, more productive. And yes, more confident.

I'm not a fan of extremes or guilt-ridden food rules. For me, when it comes to what we eat, the focus is always **nourishment**.

### My Golden Rule: Protein, Fibre, Healthy

This is the foundation I give every woman I work with. Every meal and snack should aim to include the magic trio:

- **Protein** - Essential for blood sugar balance, hormone support, and keeping you full. Think eggs, fish, chicken, tofu, pulses.
- **Fibre** - Vital for gut health and feeding the beneficial bacteria that regulate your immune system and mood. Think vegetables, oats, wholegrains, beans.
- **Healthy fats** - Slow digestion, help absorb nutrients, and support brain function. Think olive oil, avocado, nuts, seeds and oily fish.
- This trio keeps your energy stable, reduces those mid-afternoon crashes, and supports more consistent moods.

**Breakfast** is a great place to start. If you're still skipping it or just having toast and jam, it's no wonder your energy dips by mid-morning and you're craving sugar by 4pm.

Try something like **scrambled eggs on wholegrain toast, with spinach and avocado.**

Or **porridge with almond butter, grated apple, and cinnamon.** It doesn't have to be complicated – it just has to have the magic trio.

**“You can be both EMOTIONALLY RESILIENT and GUT-HAPPY and it starts with how you feed yourself.”**

#### **Gut-Boosting Foods for Emotional Resilience**

Certain foods support the gut-brain connection – aim to incorporate them into your day-to-day:

- **Fermented foods** like yoghurt with live cultures, kefir, kimchi, and sauerkraut contain probiotics that keep your microbiome diverse and strong.  
(But if you're new to these foods, go low and slow as they can be bloating at first.)



- **Prebiotics** (the food for your gut bacteria) are found in onions, garlic, leeks, bananas, and oats.
- **Omega-3 fats** (found in salmon, flaxseeds, walnuts) have anti-inflammatory effects and support brain health.
- **Colourful veg** help reduce gut inflammation and support mood balance.  
When you're doing a food shop, look at your basket – *are you eating the rainbow?*

One of my favourite mood-boosting snacks is a **handful of walnuts and some blueberries**. Simple. Nourishing. Gut-happy.

### Lifestyle Shifts That Genuinely Help (Even When You're Busy)

I always remind my clients that it's not just what you eat, but how you live that affects your gut and emotional wellbeing. Here are a few gentle, realistic changes that can make a big difference:

#### Watch the Wine-Wind-Down

That glass of wine might feel like a reward at the end of a long day, but it can disrupt your gut bacteria and your sleep. Try going alcohol-free a few nights a week and see how you feel.

#### Reduce Stress (Not Just Mentally)

Stress messes with your digestion. Few of us have an hour a day to put aside for self-care, but even a five-minute breathing practice or a ten-minute walk outside after dinner can soothe your nervous system and your gut will benefit too.

### A Gentle Reminder About Self-Compassion

I know how easy it is to put yourself last on your never-ending to-do list, but feeding your body well isn't a luxury. It's essential so that you can feel your best and show up fully in your work, your relationships, and your life.

I say this all the time:

**Eating well is a form of self-compassion.**

It's how we honour the fact that we matter too.

You don't need to be perfect. You just need to be consistent.

A few more gut-loving meals each week. A few better snacks.

A breakfast that sets the tone.

That's where change begins.

And with it?

More energy.

More ease.

More confidence in your own skin.

### Thalia

**DISCLAIMER:** The content of this article is for educational and informational purposes only. It is not intended to substitute professional medical advice, diagnosis, or treatment. Always seek the advice of your GP, registered dietitian, or healthcare provider with any questions you may have regarding a medical condition, dietary change, or mental health concern.



## THALIA PELLEGRINI

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# IS CRISIS LEADERSHIP QUIETLY DESTROYING YOUR BODY AND BRAIN?



What happens when the peaceful one finally breaks or when you wake up unable to move, even though everything seemed fine the night before?

Different stories. Same imperceptible erosion, until the wake-up call finally comes.

Both began with women praised for their resilience. But that resilience was really a quiet endurance, masking fragility and chronic anxiety beneath the surface. What looked like strength was actually avoidance, until our bodies called for a reckoning.

The slow unravelling doesn't always look like a crisis. My client, one of the most accomplished leaders I coach, described her breaking point: *"One morning, I woke up and I simply couldn't move. No warning. I went to bed fine, but the next day, I was paralysed."*

The worrying thing is that this perceptive, sensitive woman had not felt anything amiss at all, until her body delivered its ultimate signal, one she was sure to listen to.

## ***“What we call 'RESILIENCE' is often closer to SLOW-BURNING SELF-NEGLECT.”***

Her story brought me back to my own moment of starting to crack. After a decade of practising *Nonviolent Communication*, I found myself slamming my hands on the boardroom table. Hard. The room went eerily silent. It was so out of character with my usual gentle demeanour that even I was shocked by the force of my own desperation to be heard and taken seriously.

My breakdown came after weeks of escalating tension, and my inability to muster the confidence to advocate for myself in a way that reflected my values. My inner stress built like pressure in a volcano.

Weeks after slamming that table, things spiralled, and I faced false accusations and public slander from those same male board members. No aggression from me this time. Instead, I disappeared into silence, dissociation and paralysis

responses that felt safe but offered no shelter. My mind felt like it might fragment.

Neither my client nor I saw it coming. Both of us were performing brilliantly under pressure right up to the moment we couldn't. These weren't failures of character. They were our bodies' desperate rebellion against months of swallowing our truth, overriding inner signals, and operating in what I now recognise as *crisis leadership mode*.

### **The Dangerous Myth of "I work best under pressure"**

My client's collapse seemed to come from nowhere, until we traced it back. She had led teams through months of layoffs with "clarity and calm." Restructuring, high-stakes presentations to the new CEO, a destabilised team; each challenge met with what we celebrate as resilience and efficiency.

After months of medical tests, doctors found nothing physically wrong in her body. Except one doctor noted her back showed the physical pattern consistent with having been in a car accident.

How does *"I work best under pressure"* become a car accident spinal pattern with no physical trigger?

*"Any changes the day before?"* I asked. She shrugged. *"Well, I was selling my house and it fell through that night."* Layered on top of the restructuring, the uncertainty, holding other people's overwhelm, the world's chaos... It was the final straw. And it was her body not her mind that finally registered the mental-emotional load, reacting as if she'd been in a collision. Staggering, and increasingly common.

### **Is Your Culture Rewarding Burnout?**

In many leadership cultures, coolness under pressure is revered, even expected regardless of how long the pressure lasts or how intense it is. We praise toughness and reward those who suppress emotion in favour of performance.

In high-pressure moments, most of us do think more clearly. We enter crisis mode, a heightened state that pumps stress hormones through our bodies, making us laser-focused and ready for action.

It can be exhilarating.

What nobody is asking is: *"What is it doing to your body and wellbeing?"*

Relying on pressure for performance isn't a sustainable leadership presence; it's your nervous system in emergency override, like flooring the gas pedal day after day and expecting the engine not to burn out.

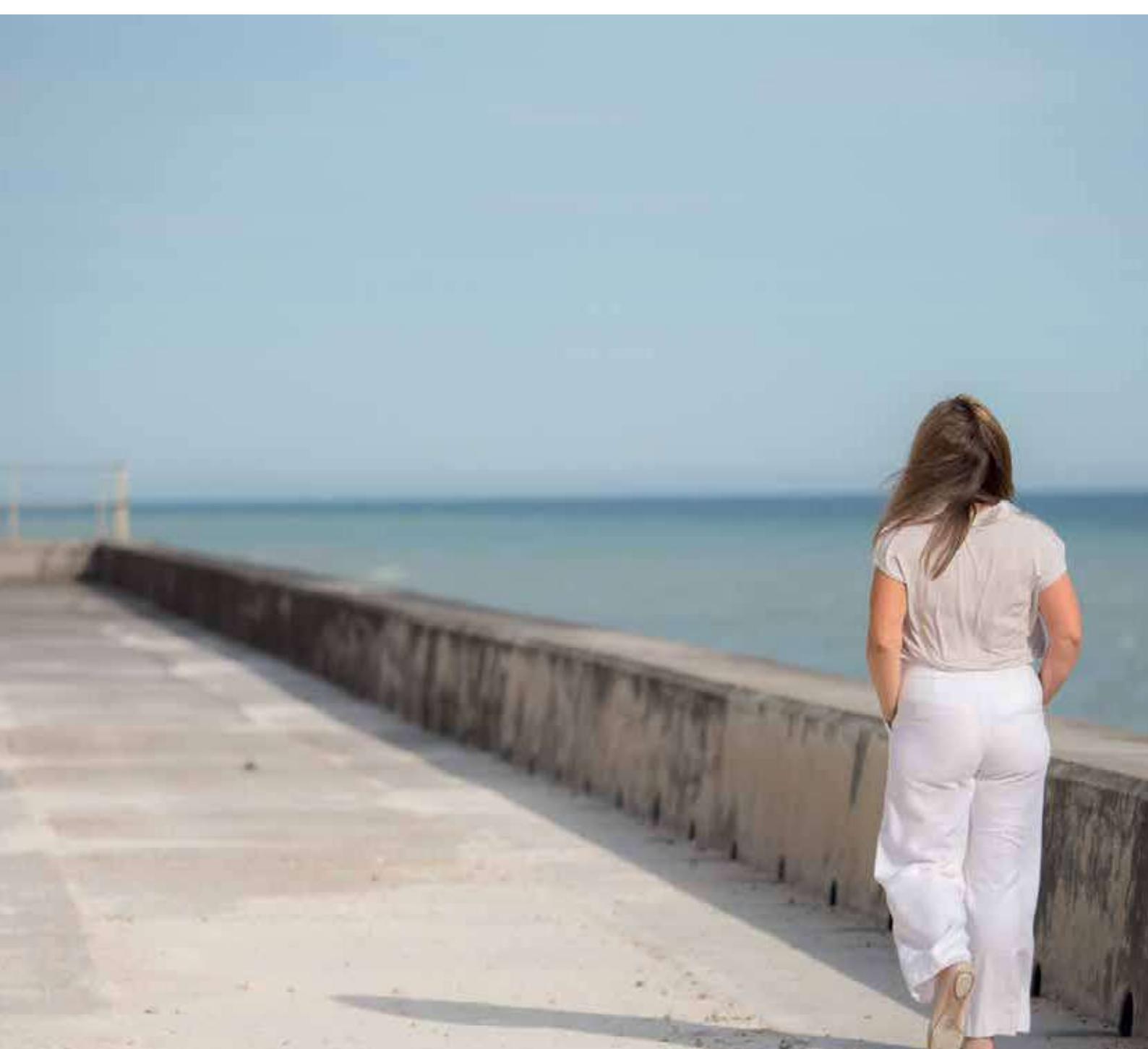
What we call "resilience" is often closer to slow-burning self-neglect. pedal day after day and expecting the engine not to burn out.

What we call "resilience" is often closer to slow-burning self-neglect.

## The Science of Performance Under Pressure

Acute stress releases adrenaline and cortisol, hormones designed to be in our systems for moments, not months. When they are chronically elevated, the consequences cascade: disrupted sleep, weakened immunity, and increased risk of depression, anxiety, autoimmune and cardiovascular disease.

Your brain suffers too. Sustained stress has been shown to diminish volume and connectivity in the



prefrontal cortex (impairing decision-making, memory, emotional regulation and higher thinking) while enlarging the amygdala, making you more reactive over time.

The body whispers before it shouts, offering subtle cues to course correct. But when those signals go unheeded, it eventually insists you stop. The problem is, most of us never learned this language.

## ***“Your body isn’t your enemy in LEADERSHIP, it’s your most reliable guide to AUTHENTIC ACTION.”***

### **The Beautiful Path Back to Yourself**

For my client, it was a wake-up call. She stopped sidelining her own needs and began listening earlier, recognising the signs of overload and grounding herself before the spiral.

*“I used to think clarity came from pressure,” she told me. “But I was operating at a fraction of what I’m capable of, and it was unhealthy. When I’m calm and centred, I access deeper insight and creativity.”*

Her words echoed my own journey. Many of us learn early to smooth edges, to be the peacekeeper who never disrupts the harmony.

But true kindness isn’t silence, it’s honesty wrapped in compassion. Real peace doesn’t come from avoiding difficult conflicts; it emerges when we dare to speak our truth with care.

The woman who slammed her hands on that table was crying out for something she didn’t yet know how to give herself: the permission to be human, to have needs, to honour her own experience and ideas as valid and worthy of respect.

For me, radical self-compassion became the foundation of everything that followed. I learnt to treat myself like a beloved friend, slowly becoming my own ally. It meant developing practices that seemed almost rebellious in our productivity-obsessed culture:

taking breaks before I was exhausted, speaking up instead of silently accommodating everyone else.

My sensitivity which I had long seen as a liability became my greatest leadership asset.

### **Your Still Point: Where Confidence Lives**

Years later, I would face a situation that tested everything I had cultivated. I was leading a workshop with 65 participants when a man began interrupting repeatedly, aggressively challenging my approach.

You could hear a pin drop as the room watched to see how I would handle the direct confrontations.

This time, I was ready.

Instead of freezing or fighting, I found that I still point inside myself the place of calm clarity I had nurtured through countless small moments of self-compassion. I could feel the familiar sensations arise: the quickened heartbeat, the tightening chest.

But now I knew how to stay present with these feelings without being hijacked by them.

## ***“REAL CONFIDENCE doesn’t come from having all the answers. It flows from staying CONNECTED to yourself when conditions become CHALLENGING.”***

I responded with both firmness and empathy, guiding everyone toward our shared purpose. The impact was profound. Participants asked me to teach them this gentle assertiveness.

I realised how rare it is to witness grounded, authentic power that unites rather than divides.

The version of me who had erupted with frustration at the boardroom had learned to channel that same passionate energy into conscious, powerful presence and effective action.

## Building Unshakeable Confidence from Within

Real confidence doesn't come from having all the answers or looking the part. It flows from staying connected to yourself when conditions become challenging and this is a skill you can develop.

Each conscious pause strengthens your brain's "inhibitory control" being in control of your responses. Every time you honour your body's signals, speak your truth with care, or choose presence over pressure, you build unshakeable confidence.

Here's how to begin finding your still point:

**When stress mounts:** Take 2-3 minutes of complete stillness. Place a hand on your heart. Breathe consciously, noticing every sensation.

Suspend the question: *"What's truly essential right now? What matters to me?"* Wait for clarity to emerge.

**During transitions:** To interrupt the buildup of chronic tightness, scan your body for tension regularly.

Consciously use your breath to invite your shoulders, jaw, and belly to let go of unnecessary tension. Melt into acceptance of what is.

**Honour your need for renewal:** Go beyond productivity breaks. Pause for mindful moments in nature, while moving. Schedule in regular renewal times.

For deeper restoration, join my free seasonal virtual mindfulness weekends for leaders.

(<https://www.natibeltran.com/what/weekend-renewal>)

## The Ripple Effect of Self-Love

You can't afford to ignore your inner intelligence. Your body isn't your enemy in leadership, it's your most reliable guide to authentic action.

The sensations you've been taught to override are signposts back to presence. The sensitivity you once saw as weakness is actually your doorway to wisdom.

Confidence grows each time you meet challenges with conscious presence rooted in your values rather than your fears, responding with intention rather than impulse.

On the other side of that deep self-honouring lies a quiet, unshakable power.

Fuel Change, Not Burnout.

The world needs the full, grounded expression of who you are.

**Nati**



## NATI BELTRÁN

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# YOGA FOR EVERYBODY: *A Path to Confidence, Balance & Rest*

**W**hen most people think of yoga, they picture someone young, flexible, twisted in a pretzel-like pose. But real yoga - the kind that welcomes you just as you are, regardless of your shape, size, ethnicity, gender, age or ability is powerful.

Yoga, especially when practised through a body positive lens, is a tool for emotional healing, deeper rest, improved posture, self-acceptance and growing self-confidence. It's a return to yourself, a softening, a way of remembering that you are enough - and always have been.

It was yoga that helped to transform my life after I woke up one morning and discovered I had Bell's Palsy (a condition where one side of your face becomes paralysed).

I had the condition for five years with no improvement and it was my yoga journey that helped me to heal both mentally and physically. It allowed me to slow down and connect to my body - and in doing so, I realised I hadn't truly been happy for a long time. I left the corporate world after 20+ years, beginning to go with the flow of life and discovering a path that allowed me to find my purpose.

That's why I'm so passionate about sharing yoga. Its benefits are many - and they're truly transformational, although I know it might sound cliché.

The true yoga is when you take it off the mat and into your everyday life.

### Emotional Balance

Yoga helps you meet yourself where you are - emotionally, mentally, and physically.

When life feels overwhelming, yoga offers a moment to pause, breathe, and simply be. Through mindful movement, breathwork, and stillness, you start building emotional awareness. You notice what you're feeling without needing to push it away or fix it.

Over time, you learn to sit with discomfort, breathe through tension, and stay grounded even when life feels uncertain. That's emotional balance, not controlling your emotions but creating space to

move through them with more ease.

It's not about being calm all the time - it's about knowing you have tools to return to when things feel heavy. Learning to pause rather than respond helps you to navigate life in a more useful way.

### Better Sleep

Yoga helps you move out of fight-or-flight mode - that wired, overstimulated state we often carry into the evening - and into a space where your body feels safe enough to rest.

When you practice yoga, you slow your breathing, allow your body to relax, allowing you to bring awareness to the present moment. These simple acts calm the nervous system, reduce cortisol (the stress hormone), and gently activate the parasympathetic nervous system - your rest-and-digest mode. Essentially allowing you to let go of your day.

This shift tells your body: *it's safe and you're no longer on alert*. Your muscles begin to relax. Your heart rate slows down. Your mind becomes quieter.

Whether it's gentle movement, restorative poses, or breathwork - yoga helps you unwind from the day and prepares both your body and mind for deeper, more restful sleep. And when practised regularly, it doesn't just improve how you fall asleep - it transforms your whole relationship with rest. You start to see rest as something you deserve, not something you have to earn. It becomes a radical act and you lose the guilt associated with this.

There's nothing performative about rest. No badge for the most burned-out person in the room. Instead, we learn that slowing down is wise. Rest is the foundation of everything.

### Improved Posture

Posture isn't just about standing up tall and straight - it's about how you carry yourself in life. Are you holding tension? Shrinking yourself? Yoga helps bring awareness to your physical and emotional alignment.

When people move through a body positive yoga practice, they begin to take up space differently. The focus isn't on "fixing" posture for aesthetic reasons, but on cultivating *embodied* presence. You learn

where you're holding stress. You move in a way that supports your spine, your joints, your breath - and your confidence.

Over time, yoga gently builds strength, flexibility, and ease. And it doesn't have to be complicated. Even standing tall and breathing deeply can shift your entire mood.

In our modern lives sitting, slouching, scrolling - our posture often takes a hit. Yoga helps you reconnect to your body, become stronger, open your chest, and stand taller with awareness. It's not about "perfect" posture, it's about alignment that feels good and supports your daily movement with ease.

Yoga invites us to come home to our bodies. Through mindful movement and body awareness, it gently realigns, strengthens and supports better posture - not to look a certain way, but to feel more comfortable and confident in your own skin.

As posture improves, many people also notice a shift in how they move through life, quite literally. Joints feel freer, steps feel lighter, and there's a greater sense of ease and mobility. When we move with more awareness, we often experience less pain and more freedom, physically and emotionally.

Yoga helps you tune in, move better, and support your body in a way that feels sustainable and kind.

your body in a way that feels sustainable and kind.

### Confidence

Confidence doesn't come from achieving the most advanced pose. It comes from feeling seen, safe, and celebrated just as you are. In my classes, there are no mirrors. No comparison. Just community, curiosity, and joy.

People often say: "I didn't think I belonged in yoga." My response is always: yoga is for everyBODY. " My response is always: yoga is for everyBODY. You have always been doing yoga - when you bend down to tie your shoelaces, that is yoga, when you stretch out your bed, that is yoga too.

When you practice in a space that centres inclusion, something shifts. You begin to trust your body, soften into self-acceptance, and start to show up on and off the mat with more ease.

One of the most beautiful things about yoga is how it builds inner confidence. You begin to feel more at home in your body. You learn to trust yourself and are no longer achieving perfection. That kind of confidence isn't about performance - it's about presence.

One of my students says, "she has given up the need to achieve perfection".



Photography by Birch Selsdon

In a world that constantly demands we hold it together, yoga gives us space to fall apart and rebuild. It helps us reconnect with our inner world so we can respond rather than react. Through breath, gentle movement, and mindfulness, we learn to pause, to feel, and to process.

In body positive yoga, emotional safety is key. You're not told to "push through" you're encouraged to listen. It's not about bypassing difficult feelings but creating space for them to move through you, without shame or judgment.

I've seen students dissolve into tears during a quiet pose, not from sadness, but from finally feeling permission to exhale - to let go. That, to me, is yoga doing what it was always meant to do: reconnect us with our wholeness.

Yoga doesn't give you confidence by changing your body, it gives you confidence by helping you come home to it.

It teaches you to trust yourself, to move with intention, and to stop apologising for taking up space.

True confidence isn't loud. It's not performative. It's the quiet knowing that you are already enough. That's what yoga gives you.

### Simple Practices to Support Confidence, Rest & Reconnection

You don't need to spend an hour on the mat to feel the benefits of yoga. These small, intentional moments can help you build confidence, improve rest, and reconnect with your body no fancy poses required.

Try one today and notice how it makes you feel:

### The Pause Before Speaking

Before you say "yes" or answer a question, take one full breath. It creates space to respond from your truth, not pressure.

### Tadasana (Mountain Pose)

Stand with feet hip-width apart. Roll your shoulders up, back, and down. Take five slow breaths and feel your strength.

### Mirror Affirmation Practice

Place your hand on your heart or belly. Say: *"This body is wise. This body is enough. This body is mine."* Repeat daily. Speak gently — you're listening.

### Bed Yoga for Confidence

Lie down and stretch your arms overhead. Breathe deeply. Let your body take up space. Say: *"It's safe to rest. I deserve this."*

### Curiosity over Criticism

When self-doubt creeps in, shift the question from: *"What's wrong with me?"* to: *"What does my body need right now?"*

That's where confidence begins.

### Donna



## DONNA NOBLE

Donna Noble is a trailblazing Body Positive Yoga teacher, wellbeing coach, speaker, and author of *Teaching Body Positive Yoga*. With a mission to make wellness truly inclusive, she helps people reconnect with their bodies, build confidence, and embrace rest as a form of resistance. Donna has been featured in *Stylist*, *Red*, *BBC Radio London*, and *Yoga Journal*. She leads retreats, writes, and speaks globally - inviting everyBODY to feel seen, safe, and celebrated in their practice, both on and off the mat.

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# WHAT JUPITER IN CANCER MEANS FOR YOUR CONFIDENCE, ABUNDANCE & EXPANSION

Jupiter, the largest planet in our solar system, has just moved to Cancer and astrologers everywhere are delighted because he is blessing us all with a little more luck, love and confidence.

Jupiter is associated with growth, luck, expansion, generosity, wisdom, over-promising, over-committing, joy, healing, higher education and travel. He (Jupiter) rules Sagittarius and is known as the "greater benefic." Everyone has their own flavour of Jupiter (he changes signs every 11.8 years.) The sign of your Jupiter is where you are gifted. Pro tip: always be grateful for the gifts you've been given.

My Jupiter in Capricorn gift is caution, organisational ability and slow progress. It's actually the least favourite place in the sky for Jupiter to pass through, but as with all astrological placements, it's what you do with it that counts!

To explain to someone what a Jupiter transit FEELS like, I'll tell them to think of a "pinch me" moment. Think back to a time where life felt so generous, miraculous and lucky. When you simply couldn't quite believe your good fortune or that your path led you to this epic moment.

These happy days are usually synchronous with a Jupiter transit. It's so BIG and ZINGING, a heady moment of joy and a big grin on your face. It sparkles. You know days like that where you simply cannot believe your luck? I bet you Jupiter was involved. Jupiter is the greater benefic and what he evokes can feel MAGICAL. Just so lucky. I'm a big fan of his work!

I've also been guilty of hubris and EXPECTED these GIFTS of Jupiter to land with a sparkle but seen them land with an EXPLOSION. You can have too much of a good thing, you really can!

In 2021 when Jupiter in Aquarius passing through the "career sector" of my birth chart I thought great things were coming! I was fortunate to be working with so many brands and doing so much press work that I nearly died of eye strain. Relentless typing, Zoom meetings, emails, client work. It was lockdown and astrology was HOT CONTENT. I said yes to everything, because? Because it was lockdown and I felt there was nothing else to be doing? The WHY and the JOY factor had gone out the window.

I was acting out of something else. Greed? 'Greedy for work' doesn't quite land but you know what I

mean. I wasn't writing inspiring astrology, I was writing tenuous PR pitches for anyone who asked me. I lost all sense of MEANING. I forgot to treasure my time and work.

I expected big work and I got big work... but not the satisfying sort, just the busy sort with lots of emails. However, the EDUCATION that gave me the power of the media to manipulate anything into a story lit my inner fire. I was also EDUCATED on the power of knowing your values before you take something on.

***“Think back to a time  
where life felt so  
GENEROUS, MIRACULOUS  
and LUCKY... I bet you  
JUPITER was involved.”***

I'm CAPITALISING all the JUPITER related words. Something I have always done. All my emails since 2000 have been FULL OF CAPITAL LETTERS BECAUSE I AM JUST SO PASSIONATE CAN YOU TELL!??!!!

Jupiter HEALS - but sometimes the way he delivers the gift is a bit too much. Jupiter is about WHAT IS POSSIBLE. Find me a life coach who isn't strong in Jupiter and Sagittarius. You cannot! I'd be willing to bet that the founder of Confidence Magazine has a very strong Jupiter!

The life coaches are the people who know there is more. Your boring life could be so much better if you just ALTERED YOUR MINDSET and believed that you could have the body, the house, the job.

When I bounce around the world living my Sagittarius best life and mingling with the “expats” I hear them all talk about how great their lives are and “how do people in England do it?” How do we live with the rain and the jobs and the commutes? It's so banal to the Jupiter person who sits in the sun and socialises everyday.

Coronation Street and wine on a Friday is not for the Jupiter person who LIVES THE DREAM. Jupiter wants you to believe that there is more out there.

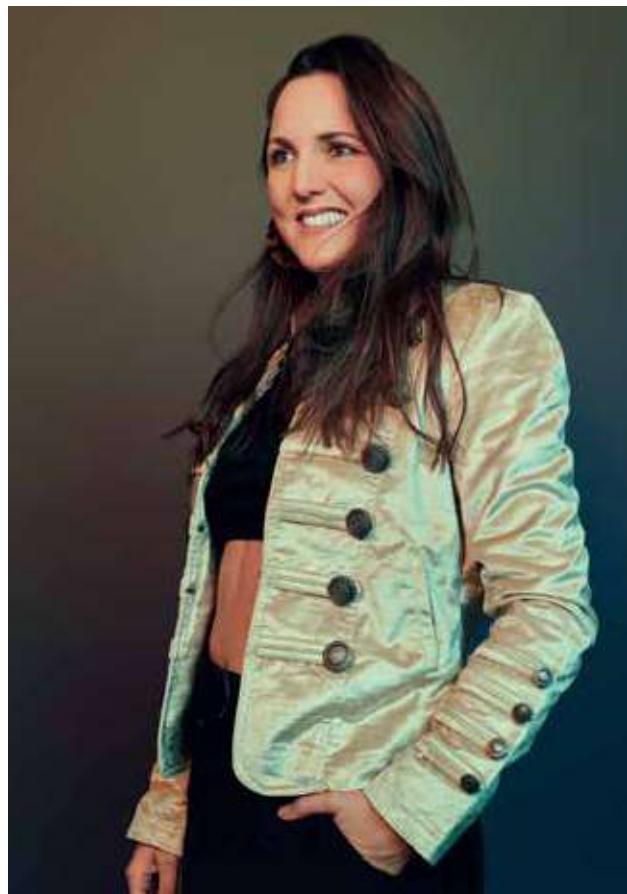
Personally, I rate drinking a cup of tea in bed, in

peace, in the UK, listening to BBC radio. Ideally it will be raining and I won't have a pressing urge to go outside and exercise. But as a Sagittarius I know that feeling of joyous smugness when you know you've sort of stepped out of what is mundane and into something EXTRA, FREE and INSPIRING. “What a day to be alive!” It is perhaps sometimes the TRUTH for a Sagittarius. They find such bliss in going beyond and at a certain point and we all have these Jupiter opportunities.

There are lots of ways to access this energy - so if you're seeking more confidence and abundance... go for it! Every planet and every cycle has its place.

What goes down, must come up. Jupiter spends nearly a year in each sign so when we are 12, 24, 36, 48, 60 we have what's called a Jupiter Return and a cosmic boost, a natural increase in opportunity.

My Second Jupiter Return living in Italy, working at the Vatican and learning to speak Italian was truly expansive and changed my entire personality. Working as a tour guide pushed me into public speaking - a skill that was NEVER going to be mine because I was so intensely shy. However, with Jupiter back at the place he was when I was born, I did it.



Teaching Astrology has only been possible because of that transformation and that leap of faith that I made when I was 23.5 years of age.

The wealth of Jupiter isn't always literal cash in your hands or a baby in your belly. Jupiter represents the INNER GROWTH that facilitates change and with Jupiter in Cancer we are exploring the realm of emotions. Jupiter is about MEANING, your WHY, your BELIEFS and IDEALS. Your big DREAM and VISION.

Who or what could you be if you let things be different?

We overlook Jupiter in the birth chart sometimes because he's just there, being benign. Astrologers solve problems and we look at what's being bashed up more than where you might TRULY FLOURISH.

***“Jupiter represents the INNER GROWTH that facilitates change—and with JUPITER in Cancer we are exploring the realm of EMOTIONS.”***

So with Jupiter going to a sign he LOVES, the sign of Cancer, we are invited to find nourishment in simple love. In the exploration of FEELINGS of love and affection. In NOURISHING ourselves with food and habits that support growth.

It is so Dolce Vita. A slow afternoon with people you love, eating a tomato salad in the shade. “Isn’t this nice?” It’s nice because it is. But also because you FEEL it.

You don't have something in the background stressing you out, because you've meditated and are IN THE MOMENT. Because you're accepting your annoying uncle for being himself and because you are comfortable in what you are wearing and don't feel the need to perform. Because you're not nailing the wine out of anxiety and you're not worried that someone is about to jellyfish you with a competitive comment.

There's so much background stuff that has to happen for you to feel the bliss of the moment. So much emotional healing and boundary refinement. Knowing who you are and who you want to be with.

With Jupiter in Cancer in 2025 we are able to focus on what matters and feel bolstered enough emotionally to take that leap of faith and do the thing that matters with Confidence and dedication to building your dream life!

I love that for us and with you all the focus, synchronicity and joy that Jupiter in Cancer has on offer.

With love,  
***Francesca***



## FRANCESCA ODDIE

Francesca Oddie is a sought-after astrologer featured in ELLE, Grazia, Refinery 29, The Telegraph, Metro, and the Daily Mail. Seen on the BBC and Written in the Stars, she blends science, intuition, and humour to make real astrology wildly accessible, magnetic, and meaningful for a global audience.

# **SHE WHO CHOOSES BOTH**

## ***Do You Want to Be Part of This New Story?***

*By Marina Fernandez Julian*

*Releasing Growth. Inspiring Greatness.*



# The Dream That Wouldn't Let Me Go

I used to dream of a world better than this one. A world where I didn't have to pick a side. Where I could mother and lead, pause and perform, cry and still be seen as strong.

I imagined a life where I belonged in both my home and my calling, fully, without apology. That world? It's no longer just a dream. It's being built, quietly but fiercely, underneath the noise, the chaos, and the obstacles.

The only question now is:

## **Do you want to be part of this new story? The World We Are Creating**

In this world, we are no longer apologising for having a voice or for wanting more. We're done pretending to be good humans. We are good humans. Here, roles aren't masks. They're reflections of our truth. We don't need to work ourselves to exhaustion to earn worth. Worth is already ours, even on the days we don't produce, perform, or please. Power isn't something we reclaim. It's something we share. In this world, where the masculine and feminine meet in balance, there's no need to dominate or disappear. No one has to fight to be heard, because they already are.

### **What It Takes**

To live and lead in this new story, we need something radical.

A rise in collective consciousness. Deep, personal growth. Unshakable confidence.

And a quiet, fierce kind of faith, the kind that stands tall even when you're misunderstood. Especially when you're misunderstood. Which is often.

### **I Know This Path**

I've lived the cost of not trusting my voice. I've felt the sting of judgment when I chose to be both a part-time mother and a part-time entrepreneur. Too many times I've heard: "She doesn't really work full time." "She's not really a full-time mum."

As if choosing both made me less than either. But here's what choosing both actually looks like.

### **What Choosing Both Looks Like**

It looks like I'm missing fun after-work drinks because the school run came first. It looks like skipping early meetings, the ones that have the potential to bring good money to braid hair or find a missing football boot. It looks like logging in at night after folding laundry and warming dinner. Other times, it's burning dinner because you're deep in thought about a client's session. It looks like answering work emails while walking the dog. It looks like building a business with one hand while drying big, fat tears with the other. It looks like solitude. It looks like money you didn't earn because you chose presence. It looks like gritting your teeth when other women say you're a "kept woman" or a "bad mother" for missing the match. It looks like joy and guilt, grace and grief and all before lunch. and no one claps for it.

You don't get applause for choosing both. You get questions.

*"Why don't you go back full-time and hire help?"*  
*"Why don't you just focus on your kids until they're older?"*

Even women say it. With smiles. With labels.

### **"Pick a lane."**

### **But Here's What I've Learned**

Doing both isn't a compromise. It's a calling. It's invisible leadership; the kind that fuels the next generation and redefines success.

For many of us, reclaiming our story begins in the kitchen, not just with food, but with presence, honesty, and the courage to ask:

### **Am I the driver of my life?**

Too often, the answer is unclear. But leadership, real leadership, begins there for some of us.

### **Leadership in the Everyday**

Leadership isn't a title. It's a way of being.

For women who raise a family and build a business, leadership is often invisible.

It's found in bedtime stories and badly written pieces of papers.

It's in the balance of intuition and responsibility.

It's leading even when no one calls you a leader.

So to the women choosing both:

You are not lesser.

### You are limitless.

To the ones juggling motherhood and mission:

You are not diluted.

### You are devoted.

To the woman living in-between honouring her courage, her compromises, and her quiet power:

### I see you.

### Get Curious Before You Judge

To those judging from either side, full-time professionals or full-time parents; maybe ask: What would it take to see someone else's life as valid, even if it doesn't look like your own?

Could it be that someone choosing differently isn't rejecting your path, but honouring their own?

Instead of: *"She must not care enough about her kids,"*

Try: *"She must be doing what she believes is best."*

Instead of: *"She's not serious about her career,"*

Try: *"She's creating her version of success."*

### Instead of judging, get curious and put yourself in their shoes.

### To the Woman Who Chooses Both

I know your pillow has heard both your joy and your doubt.

I know you wonder if you're doing enough in both places and fear you're failing in both.

You're not.

You're weaving something new.

Something worth mentioning.

Something the world is already watching.

You are proof that it's not the hours worked, but the

love and integrity with which they're lived that builds legacies.

You are not behind.

### You are aligned.

And I think, too, of the women who believed they couldn't choose both, not because they had children, but because they didn't.

Women who felt judged for not becoming mothers, and so chose full-time careers not out of passion, but to justify their place.

And so I repeat the previous statement, Instead of judging, get curious and put yourself in their shoes.

### Your Moment Begins Here

To walk this path, whether you are a professional or stay at home mum, have children or not, you must know who you are, not your roles, not your to-do list, not the expectations placed on you.

### You.

That knowing becomes your strength.

That clarity becomes your compass.

That soul-deep identity becomes the place where your true voice rises.

In a world obsessed with perfection and performance, choosing to live, lead, and speak from soul is revolutionary.

This is where your power lives.

Not in being louder.

Not in being tougher.

But in being **real**.

### Speak. Write. Claim Your Space.

To the woman still afraid to be seen, To the leader who has learned to whisper instead of roar:

Let this be your moment.

**You don't need to be fully ready. You only need to be fully you.**

Because the world needs your voice.

And this new story, the one where you choose both is already unfolding.

For us.

For the generations to come.

**Step in. Speak up. You already belong.**

**Want to Go Deeper?**



## MARINA FERNANDEZ JULIAN

Marina Fernandez Julian  
NLP Trainer and Coach

Releasing Growth. Inspiring Greatness.

Your Help Towards Self-Leadership, Professional Growth & Richer Life Experiences.

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# RECLAIMING FINANCIAL CONFIDENCE AT LIFE'S CROSSROADS



***“You’re not  
starting from  
SCRATCH. You’re  
starting from  
EXPERIENCE.”***

**I**t starts in the quiet moments. A decision. A disappointment. A dream reigned. And suddenly, the financial life you were living... no longer fits.

Maybe you've stepped out of a secure 9–5 to build a business. Maybe you've walked away from a marriage that once felt safe. Maybe your children are grown and for the first time, the question hits you. What do I want and how do I afford it?

These life shifts don't just challenge our routines, they challenge our relationship with money, self-worth and voice.

As a Money and Mindset Coach, I've spent years working with women at these exact crossroads. Women who were the glue in their families, the backbone of their businesses, the cheerleader for everyone else, except themselves. Women who weren't afraid of responsibility, but had never truly felt permission to take up space Financially.

That's why my work doesn't start with spreadsheets. It starts with identity.

Because before you take control of your money, you need to take ownership of the story you've been telling yourself about what you're allowed to want, ask for, or Become.

### 1. Rewriting Your Money Identity

We're taught to believe that money confidence means being good with numbers.

But money confidence is really about being good with yourself.

When a woman leaves her job, her relationship, or her long-held role in the family, the shift is more than logistical, it's emotional.

We internalise roles like provider, caretaker, or peace keeper. So when those roles dissolve, it's not uncommon to feel lost, resentful, or ashamed, especially if money feels uncertain. That's where your voice comes in.

You have every right to define success on your own terms now, not someone else's. Whether that's building wealth, becoming self-reliant, or simply feeling calm when you check your bank balance.

One client I worked with had supported her husband's career for 20 years, raising three children and running the household. When they divorced, she told me, "I don't even know how to log in to my bank app." Today, she runs her own consultancy and is helping her daughter save for university. Her turning point? Choosing to stop outsourcing financial confidence and starting to build it for herself.

***"The story ENDS HERE. You get to lead your life, YOUR MONEY, and your next chapter from a place of POWER not fear."***

### 2. Five Practical Ways to Rebuild Financial Confidence

If you're in a season of starting over, these steps can help you steady the ground under your feet:

**Step one:** Take stock without shame. Begin by reviewing your accounts, income, and outgoings, not to judge, but to observe. This is information, not a character test. Knowing your numbers is the foundation for making informed decisions.

**Step two:** Build a soft landing fund. I encourage all my clients to create what I call a soft landing fund, money set aside not just for emergencies, but to create a cushion of confidence during times of change. It might be £500 or £5,000. The amount matters less than the intention. This is money that says, "I've got me."

**Step three:** Identify your financial saboteurs. We all have unconscious patterns around money, avoidance, guilt, overspending, undercharging. I use a tool called the Money Confidence Saboteurs to help women see which patterns are keeping them stuck. Awareness is the first step toward change.

**Step four:** Create your own definition of financial freedom.

Forget the Instagram version. What does financial freedom look like for you, in this season? It could be paying your bills without anxiety, starting a savings pot, or earning enough in your business to hire support at home. Your freedom is yours to define and pursue.

**Step five:** Take one embodied money action every week.

Confidence doesn't come from thinking. It comes from doing. That might mean calling your bank, reviewing your pricing, having a conversation with your accountant, or setting up an investment account. Small, consistent action rebuilds trust yourself

**“YOU don’t have to SHRINK to fit someone else’s STORY.”**

### 3. Your Voice Is Your Greatest Asset

If there's one thing I want every woman to know, it's this...You don't have to earn the right to feel financially secure. You don't have to wait for someone else to give you permission.

And you certainly don't have to shrink to fit someone else's story.

You get to own your voice. You get to say, "This matters to me." And you get to back that statement with action, belief and boundaries.

I've seen too many women underestimate their potential because they've internalised the idea that being good with money is for someone else. The accountant. The ex. The business partner. The husband.

That story ends here. You don't need to become a financial expert overnight. You just need to decide that you're willing to lead your life, your money, and your next chapter, from a place of power, not fear.

### 4. You Are Not Starting From Scratch - You Are Starting From Experience

The fact is, you're not starting over. You're starting with decades of wisdom, strength, and resilience. Whether you're launching a business after a long corporate career, navigating single parenthood, or stepping into your own spotlight after years behind the scenes, you're already more equipped than you realise.

And with the right guidance, the right tools, and the right mindset... you won't just manage your money. You'll model something powerful for everyone watching, especially your children, friends and clients.

Money is not just a number on a screen. It's a mirror. And when you own your voice around money, you reflect back what's possible for every woman who thought she had to stay silent.

**Lesley**

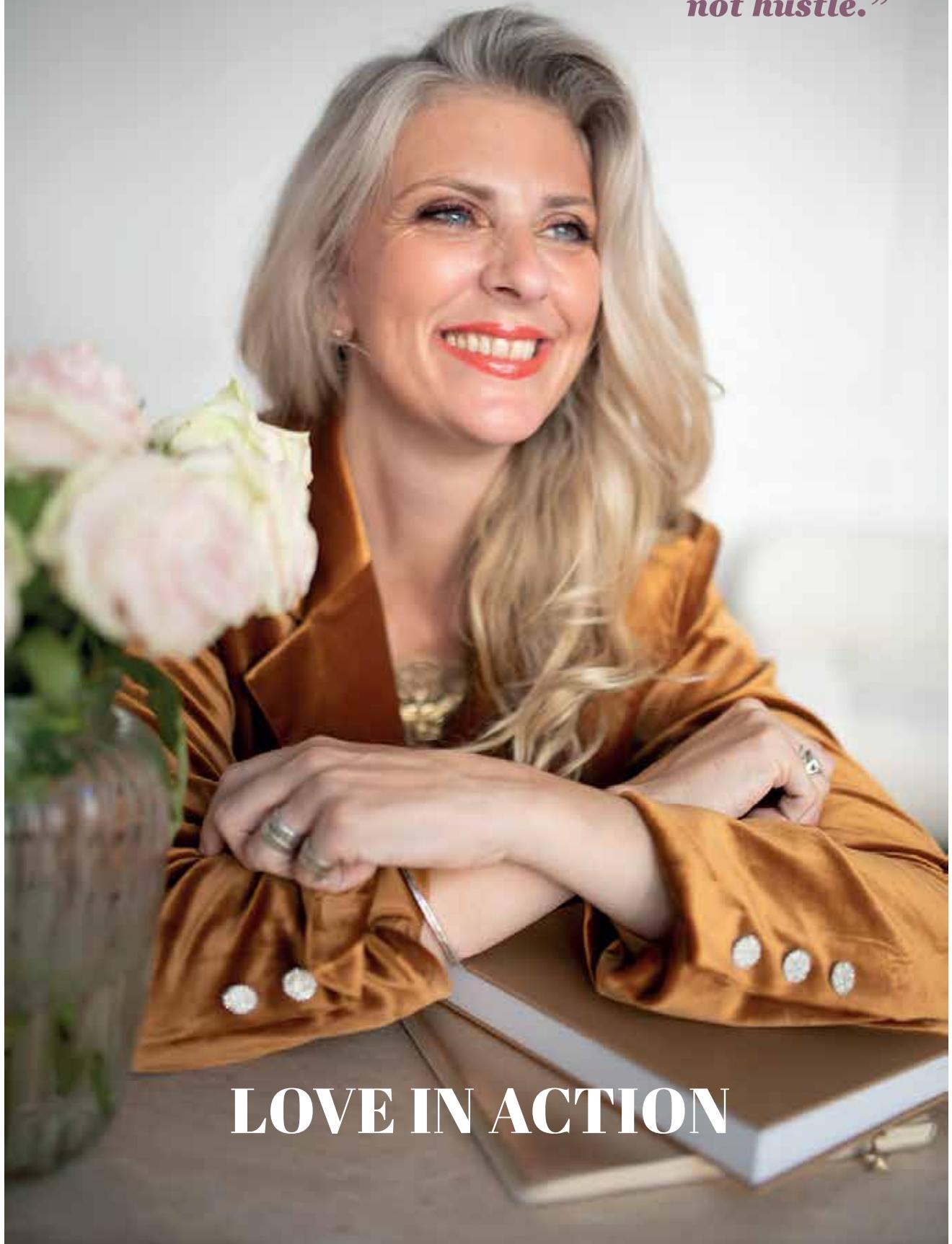


## LESLEY THOMAS

Lesley Thomas is the founder of The Money Confidence Academy and a leading voice in helping women transform their relationship with money. As a certified money and mindset coach, host of the Top 5% podcast, Let's Talk Money and More and author of 'Parents Let's Talk Money - if you're not talking to your Teen about it, who is? ' which is being published in July 2025, she empowers women to rebuild financial confidence, especially through major life transitions. Lesley works with ambitious women ready to lead with self-worth, not self-doubt.

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***“I built a million-pound  
business from LOVE,  
not hustle.”***



**LOVE IN ACTION**

If you'd told me 23 years ago that I'd be leading a global movement of love, community, and contribution, not from a boardroom in the City of London, but from the heart of relationships and connection, I'm not sure I would have believed you. And yet, here I am. This is the story of how I left behind a corporate career to build a purpose-led life, and how saying yes to love changed everything.

I began my career as a project finance lawyer, living life in fast-forward in the City. It was a world of late nights, sharp suits, endless pressure, and very little room for softness or soul. Then, unexpectedly, I became pregnant with my beautiful daughter Emily. The moment she arrived, everything changed. I fell deeply, irreversibly in love, and I knew instantly I couldn't live a life where I was expected to sacrifice those early years for a big salary.

So I made a radical decision: I left the law and started a small business from my front room. Just me, two local parents, and a vision to bring more love, nurture, and connection into the world through baby massage and parent wellness.

That was the beginning of Blossom & Berry, and over the next two decades, I poured everything I had into growing that tiny seed into a flourishing global family of thousands of teachers, reaching millions of people around the world.

I learned how to balance babies and business, often without a rulebook, but with a deep commitment to building a model that felt sustainable, expansive, and heart-led. I gave TEDx talks, published books, collaborated with leading brands, ran retreats, and expanded into a product range. I built a million-pound business from love not hustle.

And yet, as I approached my forties, I felt another nudge from within. A call not to do more, but to give more. I wanted to honour everything I'd been given, the lessons, the love, the community, by giving back in a way that felt powerful and personal.

I knew, from my years in baby wellness, that what happens in the first 1,001 days of life sets the trajectory for the next 30,000. I also knew that simple, somatic tools like touch, massage, eye contact, and presence could transform outcomes for babies everywhere.

So I began searching for a way to share this knowledge in places where love and nurture were in short supply, in orphanages, in vulnerable communities, in places where connection could be a life-saving medicine.

**“You can be both  
FIERCE and GENTLE,  
strategic and SOULFUL.  
You don’t have to  
CHOOSE between  
SUCCESS and SERVICE.”**

I looked for months, sending out emails, making connections, but nothing quite fit. Then one day, at a festival, I stumbled across a pair of magical sunglasses called Love Specs. These glasses transformed every point of light into a heart. I was enchanted. A quick Google search led me to the creators, a UK charity called Love Support Unite, founded by two sisters who had given up their lives in the UK to create sustainable, community-led development projects in Malawi.

I emailed them on a whim, asking if they had any contacts in Malawi who might welcome a project on nurturing touch and connection in early childhood. To my surprise, they said yes, and invited me to visit. So, without a second thought, I booked a flight and flew to Malawi with one of my students.

I arrived at the airport in Lilongwe not knowing what to expect. I'd never met Nina and Alice, the founders, in real life, and yet, when I saw them, it was like love at first sight.

These women were the real deal: living in humble conditions, raising money through love specs, running an orphanage for girls, and setting up sustainable farming and education projects with almost no budget. Their integrity, devotion, and courage humbled me.

Over the next 10 days, we trained nine orphanage staff, visited outreach centres, taught in special needs schools, and witnessed Malawi's first

sustainable school funded by agriculture and permaculture. I was deeply moved. This wasn't charity, this was community empowerment. And I knew I couldn't just walk away. I made a vow to stay involved.

That trip changed the trajectory of my life. I became a UK director of Love Support Unite and helped lead a campaign that raised over £100,000 in our first year. We built schools, launched Family Future Farms (a co-op project supporting food security and sustainable land use), funded adult education, and expanded medical outreach.

One of our most beautiful projects was the Mother & Baby Health Initiative, which trained women in local communities to become wellness leaders, teaching hygiene, menstrual health, baby massage, and developmental play.

The ripple effect was extraordinary, not because we had raised money, but because we had millions of moments of love, shared in solidarity. That's the ethos of Love Support Unite, love, support, unity, and it's a model that's shown me what's possible when we come together, heart first and it's a model that's shown me what's possible when we come together, heart first.

Since then, philanthropy has been a golden thread woven through everything I do. At Blossom & Berry, I founded The Mother Tree Foundation, an internal fund that donates £100 a month to community-led initiatives from within our teacher network. These may not be grand gestures, but they are deeply intentional acts of care. One teacher used the fund to create a 'welly boot library' so that parents could bring their children into nature regardless of income. Another used it to run free baby massage classes in undeserved communities. We also recently co-founded Little Pips, a nature-based nursery in Palestine that offers a safe, nurturing space for play amid unimaginable trauma.



## GAYLE BERRY

Gayle Berry is a multi-award-winning entrepreneur, TEDx speaker, and founder of Blossom & Berry and Love Millions Academy. With over 23 years of experience, she has built a million-pound global wellness brand, trained thousands of practitioners worldwide, authored multiple books, and mentors visionary women to scale purpose-led businesses into global movements.

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To me, this is what it means to be in business as a woman, as a mother, as a leader: not just creating success for ourselves, but turning around and saying, Who else can I bring with me?

The principles I live by in all my work, whether it's Blossom & Berry, Love Support Unite, or Love Millions Academy, are simple: connection, community, and contribution. And I believe contribution is the most underestimated superpower in business. We talk a lot about visibility, revenue, and growth but contribution brings meaning. It grounds success in service and turns profit into purpose.

build a thriving business and be a philanthropist. You can raise a family and raise funds. You can be both fierce and gentle, strategic and soulful. You don't have to choose between success and service. In fact, your deepest joy may lie in weaving them together.

Philanthropy isn't just about giving money. It's about showing up. Saying yes. Using what you have to create more beauty in the world. Whether it's a skill, a connection, or an hour of your time it all counts.

And if you're looking for a sign to begin, let this be it.

You don't need millions to make a difference.

Just a heart full of love, a vision for change and the courage to act.

### ***Gayle***

The experiences and initiatives described in this article reflect the personal journey and philanthropic work of the author. All health-related content, including baby massage and maternal wellbeing, is for informational purposes only and should not be treated as medical or therapeutic advice. Please consult a qualified professional before applying any practice described herein.

# THE MOMENT SHE'S TRULY SEEN

***“How we THINK  
WE LOOK, and  
how OTHERS  
SEE US, are  
often WORLDS  
apart.”***



**M**ost women have never truly been seen not in the way that celebrates who they are, but in the way they think they should be. And that's where my work begins.

I'm extremely lucky. I get to combine my vocation with my avocation, my work with my passion. I specialise in headshot photography for women, and at the heart of what I do is this one truth: there is a moment, powerful and sacred, when a woman sees herself through someone else's loving lens and finally recognises her own beauty.

That moment of recognition is what drives me. It's what has always driven me.

Before I ever held a camera in my hands, I grew up on the shop floor of my family's women's clothing business. It was there, between racks of fabrics and the warm hum of conversation, that I witnessed first-hand how light, colour, and a few words of encouragement could utterly transform a woman's sense of self.

I remember one woman in particular. I'd suggested a piece of clothing I thought would suit her. She hesitated and said, "No, that's not my colour." But I gently encouraged her to try it anyway. When she stepped in front of the mirror, her face changed, she lit up. "I look fabulous," she said, almost in disbelief.

## ***“What makes us DIFFERENT makes us MEMORABLE. Our uniqueness is our STRENGTH.”***

That day I learned something that has never left me: how we think we look and how we actually appear to others are often worlds apart.

Years later, while training in photography in London, I found myself walking up and down Upper Street in Islington, portfolio book under my arm, approaching women with a question: "Would you like a free headshot at my new studio?"

You can imagine the expressions I received. Most of these women were mid-errand, weighed down by

their to-do lists. Some instinctively clutched their handbags. But something beautiful happened after just a few minutes of conversation softening. They realised I wasn't trying to sell anything. I saw something *in* them. Something they hadn't yet seen in themselves.

That moment of trust still gives me goosebumps.

## ***“PHOTOGRAPHY, like most things, follows a RECIPE.”***

Looking back now, I can see that my earliest training wasn't in photography school it was on the shop floor. Both spaces taught me presence. How to pay close attention. How to make someone feel completely at ease. The shop and the studio, really, are not so different.

Women often tell me, "I'm just not photogenic." And I get it — that doubt is real and valid. Then comes the list: *My smile's crooked. My eyes are uneven. My hair's not right. I hate my nose.*

But here's what I know for sure: when a woman has a meaningful reason for wanting her photo taken when it's about more than just a photo the magic begins. That deeper "why" pulls her forward.

Sometimes it's a new job. Sometimes she's coming through illness or heartbreak. Sometimes her children have left home, and she's reclaiming parts of herself that were put on hold. Sometimes she's simply ready to see herself again. And that moment? That's where everything shifts.

One client once said to me, "I'll never look as good as the women in your portfolio." But great photos don't come from luck, they come from intention. Photography, like most things, follows a recipe.

In my studio, I blend trust, a quality lens, soft flattering light, composition, colour, and gentle direction plus something even more important: time. My sessions last as long as they need to. Sometimes hours. Because real connection and real confidence can't be rushed.

When all those ingredients come together, the results are breathtaking.

And so when someone says, “I’m not photogenic,” what they often mean is, “I’ve only ever seen photos of myself that were missing the right ingredients.”

I still think about the women who lit up in our Brighton shop mirror. These days, I just do it with a camera.

Diana Vreeland once said, “Use your flaws as your superpowers.” She turned Barbara Streisand’s nose and Mick Jagger’s lips into icons. What makes us different makes us memorable. Our uniqueness is our strength.

Sometimes the story behind a session is deeply emotional. Sometimes it’s celebratory. But always, there’s vulnerability. To show up fully, as you are that takes courage. And courage is the starting point for transformation.

What happens next is often unexpected. Women laugh. They tear up. They rediscover something forgotten. Some find a playful spark that’s been dormant for years. Others see qualities they’d overlooked for far too long. Some say, “I don’t recognise myself from that angle... but I *like* it.”

**“Owning your PRESENCE takes COURAGE. And courage is the STARTING POINT for TRANSFORMATION.”**

Many leave the studio walking taller not just because of the photos, but because of the experience. It’s not about changing who you are. It’s about reconnecting with who you’ve always been.

Reflecting on my journey, I see the golden thread. Every step from the shop floor to the city streets to the studio has been leading me here. My work isn’t really about photos. It’s about empathy, connection, and presence. It’s about respect.

It’s about helping you see yourself, truly see yourself, as the beautifully complex, one-of-a-kind woman you are.

And if you’ve ever looked at a photo of yourself and thought, That’s not really me, let me tell you, that’s not the end of your story.

The journey to seeing yourself fully is still unfolding.

And when you’re ready

I’d be honoured to show you what I see.

***Joanne***



## JOANNE TOPPER

Joanne Topper is a Hove, East Sussex based headshot photographer who creates empowering, relaxed sessions where women feel truly seen. She believes what makes us different makes us memorable. Our uniqueness is our strength. Her headshots capture authentic confidence, helping women reconnect with how they want to be seen and how they see themselves.

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# COLOUR IN THE SILENCE

## *A Mindful Practice to Hear Yourself Again*

We live in a world that asks us to speak louder, move faster, perform better. It's no wonder so many of us forget the sound of our own voice, not the one others hear, but the one that whispers beneath it all. The quiet one. The true one.

This issue is about reclaiming that voice. But not just through speaking. Through being. Through listening. Through presence.

Because sometimes, the path back to your truth isn't loud or linear, it's circular, colourful, and held gently in your hands.

That's where this mandala comes in.

Rooted in ancient traditions, mandalas have long been used as a meditative tool, a way to focus, reflect, and return to centre. But this isn't about art for art's sake. This is a practice in presence. An act of honouring what lives inside you. And giving it space to move, without judgment.

There's no right way to colour this mandala. No "good" colours. No wrong choices. Just you, the page, and your breath.

Let your hands move the way they want to move. Let your body choose the colours. Let your breath guide the pace. If thoughts arise, good. Let them. Watch them. Then come back to the movement, the line, the moment.

This isn't a test. It's a return.



Because when you give yourself permission to pause when you stop trying to control the outcome and instead allow your truth to unfold gently your voice will rise. It might not shout. It might not even make a sound. But you'll hear it. And that's what matters.

This is your invitation to remember:  
You don't need to fight for your voice.  
You just need to make room for it.

So colour. Feel. Listen.  
And ask yourself...  
**What within me is ready to be heard?**

**What needs no words to be known?**

**We'd love to see your expression. Share your finished mandala on Instagram and tag @confidencemagazineofficial with #MyVoiceMandala so we can celebrate your journey back to you.**

*Ayşe x*

### AYŞE GÜL DOĞAN KÖSE

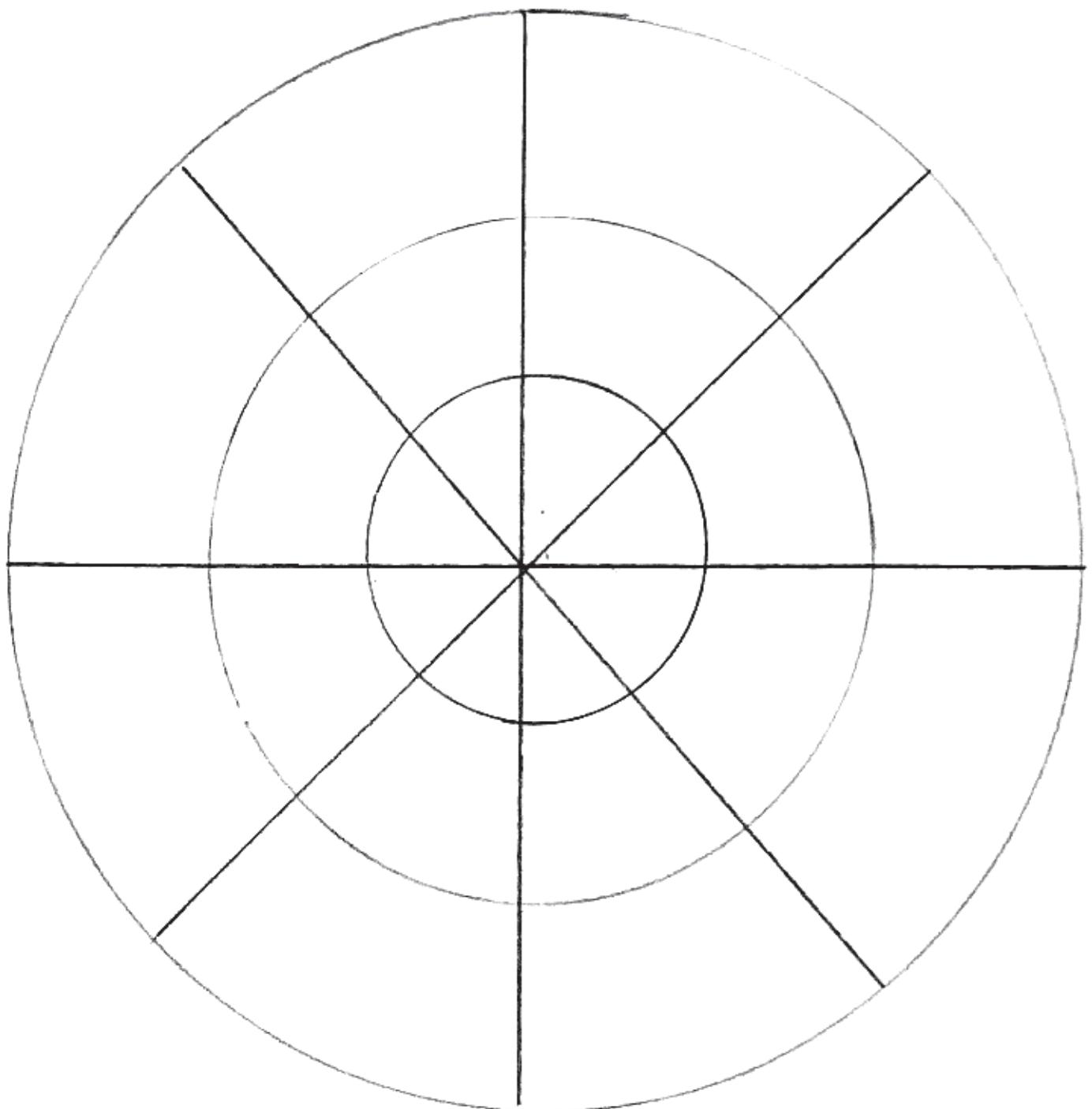
Ayşe Güldoğan Köse is an art teacher, a mother of two, and a passionate advocate for self-expression through creativity. With a deep love for painting, she finds joy in translating emotion into colour, often spending her spare time in front of a canvas, allowing whatever is within her to flow freely. Through her teaching and her own artistic practice, Ayşe Güldoğan Köse invites others to slow down, connect inward, and let art speak the truths that words sometimes cannot.

**Art Teacher, Mother, Creative Soul**



*Using the guide lines we've provided, you can draw shapes like circles, squares, or raindrops. The key is repetition in the right place. For example, if you draw a raindrop on one of the lines, you should repeat the same shape, the same number of times, on the other lines as well. Repetition is the foundational element of a mandala.*

*As you create your own mandala, think of it as a reflection of your soul and your mind. Let that guide you as you bring it to life with colour.*





## THE BIRTH OF A MOVEMENT

*“It wasn’t just inspirational, it was healing.”*

**O**n International Women's Day 2025, something powerful unfolded at the most iconic venue in Brighton The Grand Hotel.

Over 100 women gathered not just to attend an event, but to witness the birth of something much bigger: **Confidence Magazine, a publication** dedicated to real voices, deep empowerment, and the reclaiming of feminine leadership in all its wisdom.

This wasn't just another conference. It was a homecoming. A space where women travelled across cities to experience something rare: **true belonging.**

As I stepped onto that stage, looking out at a room full of radiant women, I felt the pulse of something sacred. I spoke not with volume, but with **truth**. I shared my story of rising through gentleness, of leading without hardening, of choosing to build women up instead of burning out.

We were joined by powerful business leaders, each offering more than success tips they poured out lived wisdom. And the energy that filled the room? It was not noise. It was **depth**. Connection. Courage.

One woman said, *"I've never felt so safe, seen, and celebrated in a room before."*

Another whispered through tears, *"It wasn't just inspirational, it was healing."*

And that is the essence of what we created. **A space of true sisterhood.** A reminder that confidence isn't something we wear, it's something we **remember**.

That evening marked more than the launch of a magazine. It was the continuation of a tradition I've held dear for many years, the **IWD Event**, International Women's Day. A gathering where stories meet strategy, where leadership looks like love, and where being in the room is the medicine so many didn't know they needed.

Of course, there were years like the pandemic, or the earthquake that shook our roots when we had to pause. But the spirit of the event never left us. And now, it returns stronger than ever.

As we turn the page into this next season of becoming, I invite you to mark your calendar for **8th March 2026**.

The Grand doors will open again.

The women will return.

And you, if you feel the pull will be welcomed exactly as you are.

**Elif x**

Save Your Seat Here via [iwd.elifikose.com](http://iwd.elifikose.com)





## *A Letter to the Woman I Once Was*

*Transformational Confidence Coach |  
Strategic Business Advisor | Keynote Speaker  
Former Fashion Designer*

There was a time I walked into rooms full of people and left feeling invisible. Not because I had nothing to say, but because I wasn't ready to hear myself yet. My voice had become a whisper beneath the expectations I wore like designer labels; tailored to impress, stitched with silence.

Before I ever coached a woman to reclaim her confidence, before I stepped on stages or led transformational retreats, I was a fashion designer with a high end boutique in the UK. I knew how to dress women to look powerful. But inside, I was running on empty. My worth was stitched into the seams of the clothes I created, and the smiles I wore were often held together by pins. I may have stitched a few broken hearts together, and patched broken dreams of others...

I remember the day I didn't recognise myself. I had lost my father, missed his funeral, and the grief sat like a stone in my throat. My son was a newborn. My business demanded everything. And somewhere between orders, fittings, and financial pressure, I stopped breathing. I stopped speaking. I almost gave it all up.

But silence has its wisdom. In stillness, you can hear the truth.

My truth was this: I wanted to guide women into more than a mirror. I wanted them to feel powerful even when the clothes came off. To find confidence not in the fabric, but in their voice.

That's where *Confidence Magazine* was born from a deep ache to amplify the voices of women who dared to transform.

This issue, *Owning Your Voice*, is about the reclamation of that power. And it's not always loud. Sometimes it's whispered on a yoga mat. Sometimes it slips into a new size of trousers with an exhale. Sometimes it's painted into a mandala or spoken under the stars. But every voice matters.

You've read stories of women who dressed their way into visibility, who exhaled their way into balance, who coloured their way back to self-trust. You've met women who dared to speak, and in doing so, remembered who they are.

And maybe, just maybe, you've seen a reflection of your own becoming.

But I'd be lying if I said reclaiming your voice always feels empowering.

Sometimes, it feels *lonely*.

There's a quiet grief that comes when you realise some people only loved the version of you that needed saving. The ones who stood beside your struggle but disappeared at your rise. I've known that sting. I've lived through the manipulation dressed as closeness, the friendships that fed on my vulnerability then ghosted when I stood tall.

As an empath, I questioned myself. Was I too much? Too fast? Too successful? The overthinking slowed me down... until I understood.

**People's behaviours are rarely about you. They're about their own conditioning, their wounds, their wiring, their unhealed fears.**

And that's why I speak now, not just to empower those on the receiving end, but to bring compassion to those unknowingly doing the silencing too.

In our next issue, we'll dive deeper into this.

Because I believe true confidence doesn't arrive with applause. It begins in the quiet moments you choose yourself. The first time you say, "I'm not hiding anymore." The first time you speak without shrinking. The first time your voice shakes but you use it anyway.

That is the voice we honour in these pages.

So, my invitation to you:

Pause. Read slowly. Feel deeply.

Ask yourself:

- Where have I been silent?
- What part of me is ready to speak?
- What would shift if I treated my voice like the most valuable asset I own?
- 

This isn't just a magazine, it's a mirror. Look into these stories. Let them awaken yours.

Because the world doesn't need another woman who fits in. It needs you.

Fully expressed. Fiercely whole. Finally heard.

With love and compassion,

***Elif x***

"Because confidence isn't always born sometimes, it's remembered."

*Elif Köse*  
EDITOR-IN-CHIEF

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