

CONFIDENCE

With Elif Köse

ISSUE DECEMBER 2025
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**ROOTED IN
REFLECTION
WITH
ACHEA REDD**

*Before you rush into
the new year,
take a moment to
come home, to
the woman you've
already become.*

**QUIET
CONFIDENCE
WITH
DR. TANIA KING
MOHAMMAD**

*How a former NHS doctor
built her business and
leadership from self-trust,
alignment, and grace.*

**QUEEN OF
PLEASURE
WITH
SALLY BERG**

*She says midlife is
when real desire
begins and her story
will make you rethink
everything you know
about ageing.*

ELENA BROWER
Returning Home to Stillness

LIVE

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CONFIDENCE TV



Talking of Confidence with Elif

Welcome to **Confidence TV**, home of *Talking of Confidence*, a talk show by Elif Köse designed to inspire, empower, and ignite change through real conversations with women who dared to rise.

This is more than just a talk show. It's a movement for those ready to rediscover their worth, reclaim their power, and create a life of confidence, clarity, and purpose.

Each episode features authentic, soul-led conversations with incredible women, leaders, creators, and changemakers, who open up about their journeys, their breakthroughs, and the lessons that shaped who they are today. You'll hear stories of courage, reinvention, and transformation that remind us all: confidence isn't something you're born with, it's something you build, moment by moment.

Tune in and be inspired by their wisdom.

Listen as Elif guides deep, heartfelt discussions that reveal what it truly takes to rise beyond fear, self-doubt, and limitation, and to live a life aligned with who you really are.

 Email us at confidence@elifikose.com

 Listen now at

www.theconfidencemagazine.com/confidencetv

Because every story you hear could be the spark that awakens your own confidence.



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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
- Avoiding sensationalism or exploitation of sensitive topics
- Providing content that empowers, educates, or supports emotional wellbeing
- Using inclusive and affirming language wherever possible
- Fact-checking data or claims provided by experts or guest writers
- Clearly labelling sponsored content or promotional features

Our editorial team reserves the right to edit submissions for clarity, style, or length while preserving the intended message and tone of the contributor. We do not tolerate plagiarism, discrimination, or content that promotes harm.

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Thank you for helping us uphold integrity and trust in all we create.

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



The Return to Self

Every year, around this time, I find myself sorting through boxes: old notebooks, journals, memories that carry the scent of who I used to be.

This December, tucked away under old fabrics and folded dreams, I found the guestbook from the opening day of my very first fashion boutique. Its pages were filled with love, friends wishing me success, reminding me that I was “meant to be on big stages,” that my name would one day become a brand the world would know.

And they were right. The dreams did unfold. The stages came. But what I didn’t expect was that not everyone could walk with me once they did.

“RETURNING TO YOURSELF isn’t about going back; it’s about BECOMING EVERYTHING you were ALWAYS MEANT TO BE.”

When I began growing, evolving, becoming more of who I was meant to be, some friendships couldn’t hold it. I was told I’d changed, that I’d become too busy, too ambitious, too different.

But they couldn’t see that the same woman they’d rooted for was still there, only deeper, clearer, more awake.

Growth had not made me unrecognisable; it had simply made me real.

And that’s the essence of this issue.

The Return to Self is not about going backward. It’s about honouring how far you’ve come, even if that meant outgrowing people, places, or parts of you that once felt like home.

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Because every time you expand, something will shed. Every time you rise, something will resist. And every time you choose truth over comfort, you will lose what cannot meet you there.

That’s not loss, that’s alignment.

So, as you read through this issue, I want to invite you to pause.

To look at your own version of that guestbook, the names, the memories, the chapters that shaped you. And then ask yourself, *Who am I now?*

What have I learned about love, boundaries, and becoming?

And what am I still carrying that no longer belongs to the woman I’m becoming?

You see, returning to yourself isn’t always gentle. Sometimes it’s a reckoning, a shedding of old stories that once kept you safe but now keep you small. But it’s also the most powerful act of love you’ll ever choose.

Because **peace doesn’t come from holding on. It comes from knowing when to let go.**

It comes from trusting that the right people, the right opportunities, the right energy, always find you when you’re living in truth.

So if this year has left you questioning who’s really in your corner, if you’ve felt the sting of being misunderstood as you grow, take heart.

You’re not too much.

You’re not too sensitive.

You’re simply waking up to your own light.

And those who can hold it will find their way to you.

This issue is a love letter to that awakening, to the woman who’s learning to stop apologising for her evolution, who’s ready to stop shrinking for rooms that can’t yet see her power.

So as the year draws to a close, I invite you to do more than read.

Reflect.

Release.

Reconnect, to yourself, to your truth, to your vision for what’s next.

And if your heart feels heavy as you let go of what was, let it.

Because that ache you feel?

It’s not emptiness.

It’s the space your next chapter needs to enter.

With love and compassion,

Elif Köse

Editor-in-Chief, *Confidence Magazine*

DECEMBER

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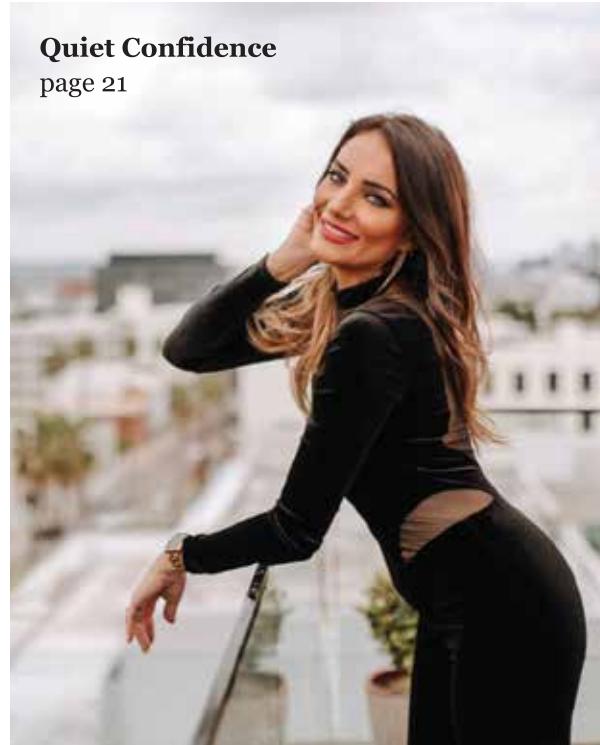
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**“*CONNECTION creates CALM.
When I disappear into the
practice, only the breath
remains.*”**



Returning Home to Stillness

A conversation with Elena Brower on connection, calm, and the quiet confidence found within

Interview by Elif Köse

Elif: Elena, it's such a joy to have you here. You have this way of teaching through presence through calm. I'd love to start with something simple but profound: what's the real difference between *calm* and *being connected*?

Elena: Thank you, Elif. I don't believe I've ever thought of them as separate. When I am doing my best to connect inwardly, whether on my yoga mat, on my meditation cushion, or even sitting in silence with tea, calm always follows. The two arise together. Connection creates calm, calm creates connection. When I disappear into practice, only the breath remains, a symptom of both.

Elif: I love that. I've noticed many people are searching for peace but don't realise it's born from presence, not from trying to fix themselves.

Elena: Exactly. I come to the mat, but my mind is elsewhere. The practice of presence is the bridge, and the breath is the way across. When I stop manipulating the breath, stop forcing, striving, performing, I can connect. That's when calm becomes who I am and what I bring.

Elif: You speak so much about intuition. Many women say, "I don't feel ready yet." I always tell them, readiness isn't a feeling, it's a decision. How do we start listening to that inner whisper again?

Elena: First, know that there's nothing missing in you. The whisper is already there. We tend to cover it with layers: responsibilities, identities, addictions, busyness, the noise of doing. The practice is about letting those layers drop.

When you feel the whisper, that tug that keeps coming back, give it space. Don't rush. Let weeks or

months pass, but begin to make small movements toward it. Every whisper you honour builds trust.

And if you can't hear it yet, practice. Yoga, breathwork, stillness. These aren't luxuries; they're tools that attune us to the frequency of intuition until we can't ignore it.

“CALM isn’t something you FIND, it’s what REMAINS when you stop forcing and START LISTENING.”

Elif: You mentioned leaving Italy after that moment of awakening, realising you weren't living the life that was true for you. That takes courage.

Elena: It was terrifying. I had no idea if I could make a living teaching yoga back then. But I knew I had to follow it... I left my beautiful apartment by the river, the comfort, and moved back to New York to begin again, first teaching art to children, then training to teach yoga.

I keep reminding myself, even now, 30 years later... *follow your spirit, what will happen next is what will heal your heart.* That keeps being true, even when it takes time to become obvious to me.

Elif: Your new book, *Hold Nothing*, feels like a culmination of your work and life. What do you hope readers will find within its pages?

Elena: Tenderness. It's a series of stories, small moments of humility, parenting, partnership, loss, work, art, followed by gentle prompts. A friend who read it early on reported back, "*It's like a series of*



permission slips to be tender with yourself.” Which is precisely what I’d hoped for. It’s not a manual—it’s an invitation to soften, to let the unnecessary fall away, and to return to the intimacy of being with yourself.

Elif: You’ve written about losing your mother, and how that helped you learn to trust yourself more deeply.

Elena: Yes. In the moment she passed, I didn’t understand what was happening, but later I realised it was a sort of transmission, the passing on of a lineage—a trust, a knowing. And a not-knowing too. Grief can feel like breaking, but sometimes it’s a doorway into strength. These moments teach us that we’re responsible for how we meet life, even when it hurts.

**“FOLLOW YOUR SPIRIT;
what happens next is what
HEALS YOUR HEART.”**

Elif: So, as we close this year, a season of reflection, resolutions, and love, what would you say to a woman standing at the edge of change, scared but hopeful?

Elena: Be gentle. No need to rush your becoming. Take one breath, one choice, one moment at a time. Everything you need is already within you. The practice, whether breath, stillness, or creativity, is the way home.



ELENA BROWER

Elena Brower is a mother, mentor, poet, and bestselling author known for her teachings in yoga, meditation, and mindfulness since 1999. Through her books, journals, and the Practice You podcast, she guides students toward presence and inner alignment. Her latest work, Hold Nothing, invites readers to release old narratives and return to spacious self-awareness through tenderness, practice, and trust. Hold Nothing is available now, offering stories, reflections, and prompts that invite tenderness and truth. Her next retreat will take place **May 9–16, 2026** at **Broughton Sanctuary, UK**.

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Try This:

A 3-Minute Practice to Return to Yourself

1. Sit quietly and let your shoulders soften.
2. Place a hand on your chest and breathe in through your nose for four counts, out through your mouth for six.
3. With every exhale, whisper silently: "I am here."
4. Repeat for three minutes.
5. Notice how calm and connection begin to merge.





ROOTED IN REFLECTION: COMING HOME TO YOURSELF BEFORE THE YEAR ENDS

By Achea Redd

I used to believe that healing meant always moving forward. That the goal was to never look back, to keep producing, proving, and performing strength.

But what I've learned, and what I now teach through my coaching practice, is that true healing isn't about movement, it's about returning. It's about coming home to yourself after a long season of pretending you're fine.

The Moment I Had to Stop Running

A few years ago, my life looked picture-perfect from the outside. I was showing up for everyone — my family, my work, my audience, but I was quietly falling apart inside. I was anxious, disconnected, and deeply unsure of who I was beyond my titles and responsibilities.

One morning, after dropping my kids off at school, I sat in my car and whispered to myself, “*I don't even recognise me anymore.*”

That moment broke something open. Not because I suddenly found clarity, but because I finally stopped running from the truth.

Reflection, I learned, is not about reliving the past. It's about reclaiming yourself from it.

The Power of Looking Back

We love the idea of “*new year, new me,*” but real growth requires something deeper — conscious closure.

Without reflection, we drag the same patterns into a new season and wonder why it feels familiar.

Reflection invites reverence, not for what went perfectly, but for what survived.

When I finally looked back with compassion instead of judgment, I realised how much I'd already healed — how many versions of me had fought for the peace I now feel. That's when my signature framework, **The Four A's: Awareness, Acknowledgment, Acceptance, and Action** was born.

It became more than a method; it became a map back to myself.

“REFLECTION invites REVERENCE, not for what went PERFECTLY, but for WHAT SURVIVED.”

The Four A's: Returning Home, One Step at a Time

Awareness is where it begins — the courage to pause and tell yourself the truth. To ask, What's really going on here?

Acknowledgment is the moment you stop minimising your story. You name your reality without editing it for comfort.

Acceptance is where grace meets growth. It's not about approval; it's about surrender allowing yourself to stop fighting what is.

And **Action** is the sacred follow-through. Not the hustle kind of action, but the aligned, intentional kind that grows from clarity.

That's how healing happens not in leaps, but in layers.

That's how healing happens not in leaps, but in layers.

“Maybe you don’t need a new version of YOURSELF, maybe you just need to REMEMBER who you already are.”



Photography by Brooke Muhumad

The Shift: From Resolution to Reverence

As this year closes, I want to offer you a shift:
Instead of setting resolutions, practice reverence.

Reverence for the woman who made it through
every heartbreak and hesitation.
Reverence for the lessons that reshaped you.
Reverence for the strength that didn't need to shout.

Maybe you don't need a new version of yourself,
maybe you just need to remember the truth of who
you already are.

The most profound growth doesn't come from
striving, it comes from softening. Reflection allows
you to soften into your truth.

Guiding You Forward

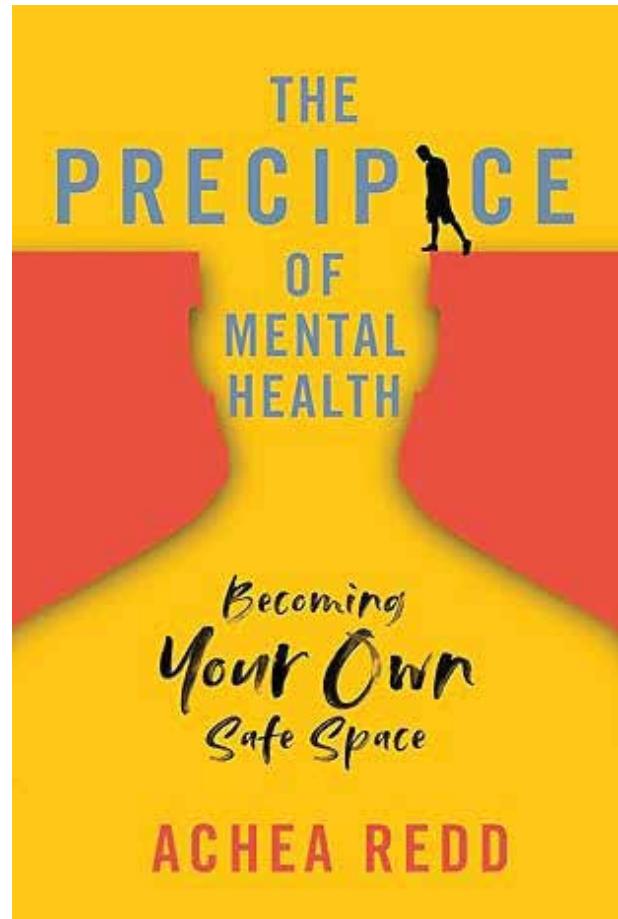
If this message resonates, if you feel the quiet tug to
slow down, breathe, and return to yourself before
you begin again, I'd love to walk with you.

Through *Rooted with Redd Coaching*, I help women
reconnect with their inner voice, deepen their
self-awareness, and rediscover the Divine within.
Using The Four A's Method and a Gestalt-informed
approach, I guide clients toward healing, balance,
and authentic living.

Because growth isn't about becoming someone new,
it's about becoming more you.

And if you're craving ongoing reflection and
grounded ritual, I share essays, journal prompts,
and guided practices on Substack, a space for
honest conversations about healing, self-discovery,
and everyday spirituality.

For daily reflections, inspiration, and a glimpse
behind my journey as an author and coach, follow
along on Instagram **@achearedd**.



Before You Turn the Page

Take one deep breath.
Place your hand over your heart.
Whisper to yourself, *I'm proud of you*.

You don't need to race into the new year.
You don't need to earn your peace.
You just need to return, to the self that's been
waiting for you all along.

Here's to closing the year consciously.
Here's to being rooted in reflection.
Here's to coming home.



ACHEA REDD

Achea Redd is an author, speaker, and certified mental health coach known for her raw honesty and fearless advocacy. After being diagnosed with Generalised Anxiety Disorder in 2016, Achea transformed her pain into purpose, founding *Rooted with Redd Coaching*, where she helps clients heal, reclaim their voice, and reconnect with the Divine within.

Through her signature *Four A's Method – Awareness, Acknowledgment, Acceptance, and Action* – and Gestalt-informed approach, Achea guides others toward authentic healing and self-discovery. She is the author of *The Precipice of Mental Health*, *Be Free. Be You.*, and *Authentic You*. Achea continues to inspire global audiences to embrace their wholeness and live in alignment with truth.

Rooted with Redd Coaching: achearedd.com/rooted-with-redd
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Instagram: [@achearedd](https://www.instagram.com/achearedd)

WHAT IF FEELING LIKE
YOURSELF AGAIN
DIDN'T MEAN HOURS
OF THERAPY



How twenty minutes in your garden can help you return to yourself

By Kendall Marie Platt

What if feeling like yourself again didn't mean hours of therapy, journalling and meditation- but 20 minutes in your garden. I was burnt out, constantly crying and didn't know what was wrong.

With my hands in the soil it all became clear.

I'd just moved into a new house and the garden was wild. I added 'sort the garden' to my very long to-do list and put a pin in it until the weather improved.

With a highly stressful job in forensic science, where my senior was making my life a living hell, I was crying most days.

When my husband asked me what was wrong I tearfully told him I didn't know. I'd spent my entire life shoving my emotions deep down inside and now they were choosing to show themselves in the most dramatic fashion and it scared the shit out of me.

I was the strong one, the one everyone depended on. I didn't have time to be sad or worried.

***“For the FIRST TIME
in my life, my MIND
WAS QUIET – the
GARDEN HELD ME when
NOTHING ELSE could.”***

Inside I was flatlining, bone achingly depleted despite plastering a happy face on and forcing myself to continue. No one else had any idea how I was feeling.

I would wake in the night sweating and my mind racing, lying awake for hours ruminating on things that had happened, not only that day but sometimes months in the past.

I felt like I was going through the motions but missing out on my life. There had to be something more than work, laundry and giving every last inch of me to other people.



I decided what I needed was to be busier. So I started a jewellery selling business on the side of my full time job. And whilst I loved exercising my creativity and connecting with other women. It only helped me to run from what I was desperately trying to avoid. Myself.

Once Spring rolled around I knew I had to get out there before the house was completely subsumed by the plants that wouldn't stop growing!

As I pruned, cleared and dug, the strangest thing happened. For the first time ever in my life, my mind was quiet. I could feel my stresses melting away and the things I was worried about took a back seat as I focused on what was in front of me.

Instead of the garden being something to be done, it became the daily reset my nervous system and my mind were desperately craving.

As I continued to garden, creating a regular rhythm of 20 minute gardening sessions all year round, peace, joy and presence became the norm. Not only something I felt when I was on holiday or at the spa with my phone shut away in a locker.

I had unknowingly stumbled across the thing that would save me, that enabled me to return to myself.

Try this the next time you feel overwhelmed, stressed or anxious. This activity can be done at any time of the year.

Head out into your garden and note where you are feeling on a scale of 1-10. Where 1 is very anxious, stressed, low in mood and energy and 10 is strong, free, alive and happy.

**“What if FEELING like
YOURSELF AGAIN
didn’t mean hours of
therapy, but
TWENTY MINUTES
in your GARDEN?”**

Take a trowel or garden fork, choose a section of your garden and set a timer for 20 minutes.

Weed and clear your chosen section for 20 minutes. As you pull the weeds up and throw them into a bucket, focus on your senses. Notice the sensations in your body, can you describe them? Can you relate them to a feeling? Allow your body to move however it wants to let those feelings flow through you and be released into the soil.

Once your 20 minutes are up, check in with where you are on the scale again.

Do come and find me online and let me know how you got on.

What would change if you finally allowed yourself to be held by your garden? Come and create your Seasonal Sanctuary so that you can finally feel light, alive, present and come back to yourself.



KENDALL MARIE PLATT

Kendall Marie Platt is a Horticultural Therapist who guides women to create seasonal garden sanctuaries where colour, scent & soil quiet your mind & restore your energy. Through her work, she brings together horticultural therapy and sensory-led garden design to create spaces that don't just look beautiful, they restore you daily. It's beauty that heals, rhythm that restores and design that supports your body and mind.

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Photography by Terry Joshi

QUEEN OF PLEASURE

How embracing pleasure in midlife rewrites confidence, vitality, and feminine power

By Sally of Mature Eros

***“The pussy-ometer
NEVER LIES. When
PLEASURE LEADS,
everything else,
CONFIDENCE,
PURPOSE,
POWER
follows.”***



In my 60th year, I feel more alive, vibrant, and sensual than ever before.

I'm passionate about reframing the narrative around aging for women, helping them move from burnout to bliss through self-enquiry, nervous system regulation, and embodiment practices.

I'm leading the *menopausal pleasure revolution*, and I want every midlife woman to know this truth: a turned-on, embodied, mature woman is **unstoppable**.

This is female leadership at its most authentic, grounded in pleasure, truth, and vitality.

But it hasn't always been this way.

My Shero's journey has taken me through the underworld more than once, face down in the dirt, broken and covered in tears. I have navigated and healed from childhood sexual abuse and violence from my father, which left me struggling to orgasm and to feel safe in my own body.

That pain later spiralled into five years of deep depression after the birth of my second child, until one day, everything changed.

I was sitting in a restaurant when a radiant woman walked in. She was glowing — alive, magnetic, fully embodied. I couldn't help myself; I had to ask her what her secret was.

She told me she was a Tantra teacher.

And that conversation changed my life.

The Return to the Body

Tantra became my healing path. I began to realise that my trauma was trapped in my body and that it couldn't be talked away.

Through movement, breath, and dance, Tantra brought me back to myself. It cracked me open to *feel it all*.

Tantra welcomes every emotion, every shadow, every piece of our truth, so that what's been stuck and shut down can finally move, creating space for ease, pleasure, and power.





**“A TURNED-ON,
EMBODIED,
mature woman is
UNSTOPPABLE.”**

As women, we've been conditioned to be "good girls." Smile nicely. Don't be too loud. Don't be too much. Is it any wonder our bodies store years of unexpressed emotion that eventually turns into illness, anxiety, or disconnection?

Symptoms are often messages, invitations from the body to feel what's been buried.

The Burnout Blueprint

We are the generation who wanted it all, got it all, and then had to **do** it all.

No wonder so many of us hit perimenopause like a brick wall.

Decades of holding, caring, pushing, achieving, it all catches up. We've adapted to a masculine way of working, overriding our natural cycles just to keep up.

By the time most women reach forty, our bodies are flooded with cortisol and our adrenals are begging for rest.

Cortisol inflames the body, fogs the mind, lowers libido, and disconnects us from joy. But here's the antidote: **pleasure**.

Cultivating oxytocin through pleasure resets the nervous system, restoring harmony and vitality.

Female bodies were never designed to thrive in a patriarchal system built on constant output.

We are built for rhythm, for cycles, for connection, and it's time we remembered that.

Menopause: The Rebirth Portal

What I've learned is that menopause isn't a problem to be fixed.

It's a **rite of passage**, a stripping away of what no longer serves.

Yes, the menopause landscape is confusing, supplements, hormones, opinions everywhere, but my invitation through *Mature Eros* is simple: Start by coming home to your body.

Your body holds the wisdom you've been searching for.

When it's regulated, nourished, and at ease, it naturally leads you toward health and aliveness.

Did you know it's almost impossible for a woman's body to experience pleasure when it's under stress?

Our sexual life force isn't just about sex, it's about energy, intuition, and creation. It's the compass of our vitality.

When activated, it's like rocket fuel for life.

For years, I believed I was done, sexually frozen, trapped in a dying marriage, convinced I'd never feel desire again.

Then I took a leap.

I left the marriage, returned to my body, and practised what I now teach.

I sailed through menopause, rediscovered my power, and now, I'm living my soul's purpose, building my business, and yes, having incredible sex.

Because when a woman reclaims her pleasure, she reclaims her life.



SALLY OF MATURE EROS

Sally of Mature Eros is a mentor and coach who helps women 40+ move from burnout to bliss. Through her Mature Eros programmes, she guides women to regulate their nervous systems, awaken pleasure, and reconnect with their innate sensual power.

✿ Connect:

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Website: <https://www.mature-eros.co.uk>



Photography by Hannah Furness Bry Penny

QUIET CONFIDENCE: RETURNING TO YOUR INNER COMPASS IN BUSINESS DECISIONS

Former NHS doctor turned entrepreneur Dr Tania King-Mohammad shares how self-trust, not certainty, became her most powerful business strategy — and why the quietest decisions often create the biggest results.

By Dr Tania King-Mohammad

Confidence in business isn't always loud – sometimes, it's the quiet knowing that you're exactly where you need to be, even when no one else understands your next move.

When Confidence Stops Performing

For years, I thought confidence meant certainty. Clarity. Control. Appearing to be confident. It was what I was trained to embody as an NHS doctor – a radiologist – make the right diagnosis, never hesitate, don't let them see you doubt. But confidence built on external validation eventually cracks under the pressure of perfection. And mine did.

Leaving the NHS: When the Compass Shifted

Walking away from a decade-long medical career wasn't a "brave move." It was a necessary one. At the time, I was exhausted and completely burnt out – emotionally, physically, spiritually. I had spent years following a path that society expected of me, yet internally I was empty. I'd built success according to someone else's definition. And whilst everything for me looked great on paper, inside I was lost.

When I transitioned into property and entrepreneurship, it was like learning to breathe again. For the first time, my results depended on my own decisions – not on systems, not on hierarchy, but on how deeply I trusted myself, even before I had the proof it would work out. Every investment, every risk, every "this makes no sense but feels right" moment strengthened my relationship with my inner compass.

And that compass? Was never loud. But it was powerful.

It guided me from property into mentoring entrepreneurs – helping them build high-ticket, high-impact businesses rooted in identity, self-trust, alignment, and integrity. Quiet confidence became my superpower – and one of the foundations of everything I now teach.

“QUIET CONFIDENCE isn’t the ABSENCE OF FEAR – it’s the decision to TRUST YOURSELF anyway.”

Redefining Confidence and Leadership

We live in a culture that celebrates visible success – the loud wins, the constant doing, the curated confidence that looks perfect on paper. But true leadership, the kind that sticks around and is sustainable, is born in stillness.

Quiet confidence isn't passive. It's deeply intentional.

It's the ability to hold your ground when things aren't working yet, to take bold action without external gratification, and to trust that the inner knowing you can't quite explain is often the most strategic move you'll ever make.

Quiet confidence removes the noise of "should" and returns you to what you feel to be true. It's not about being fearless – it's about being anchored.

For me, this meant turning down opportunities that looked good on paper but didn't feel aligned. Raising my prices when fear told me not to. Leading from conviction, not comparison. Quiet confidence allowed me to become both softer and stronger – to lead without needing to prove.

The Practice: Building Quiet Confidence in Your Decisions

Quiet confidence is a skill – one that can be cultivated. Here are three practices I return to often, both personally and with clients.

1. The Three Clarity Questions

Before making a big decision, pause and ask:

- Is this aligned with who I'm becoming, not just who I've been?
- Does this move me toward freedom or away from it?
- Would I still choose this if no one ever knew about it?

These questions strip away ego and reveal truth. They guide you back to self-led, values-led choices.

2. The Confidence Audit

List three recent decisions. For each, ask: Was it made from pressure or from peace? You'll see patterns emerge. When confidence feels unsure, it's usually because you're seeking permission instead of choosing alignment.

3. Balance Intuition with Strategy

Intuition isn't the opposite of logic – it's the wisdom beneath it.

Your strategy should make sense, but your soul should say yes.

If your next move feels heavy or disconnected, it's a sign to pause. Quiet confidence allows you to wait for clarity, not rush for certainty.

Confidence in Action

Today, I make business decisions quickly – not because I'm fearless, but because I trust myself. That level of trust wasn't built overnight. It was built through failure, reinvention, and resilience. Every pivot became proof that I could handle whatever came next.

“YOUR BUSINESS will only ever be as STRONG as your ability to LISTEN TO YOURSELF.”

Confidence doesn't mean always knowing what you're doing.

It means trusting that you'll find your way – even when no one else sees the vision yet.

An Invitation Back to Yourself

If there's one thing I've learned, it's this: Your business will only ever be as strong as your ability to listen to yourself.

The strategy matters, of course. I'm also a certified business strategist. But it's your self-trust that gives it power.

When you operate from quiet confidence, your decisions become simpler, your energy clearer, and your leadership magnetic.

So before you make your next big move, pause. Ask what your inner compass is trying to tell you – and trust it.

Because the most powerful leaders aren't the loudest in the room.

They're the ones who can stand in silence and still feel certain.



DR TANIA KING-MOHAMMAD

Dr Tania King-Mohammad is the founder of **The High Ticket Woman®** and author of the bestselling book **The High Ticket Method®**. A former NHS doctor turned entrepreneur, she helps women build premium, high-impact businesses rooted in ethical sales, alignment, and self-trust.

STEPPING INTO WORTH: FROM THE SOUTH LANES TO BEYONCÉ'S DIAMOND HEELS

By Elif Köse



Photography by House of Borgezie

I still remember the first time I heard the story.

A conversation about artistry and worthiness, the kind of conversation that always lights me up, led me to discover that tucked away in the South Lanes of Brighton, a jeweller had created something extraordinary. Not just jewellery, not just fashion, but a symbol that would travel across the world stage.

It was Chris Shellis of Safir Goldsmith in the South Lanes and his creation? The “Princess Constellation” stilettos, diamond-encrusted heels worth £216,000 when they first made headlines in 2015. Shoes that Beyoncé herself was said to have slipped into, sparking global fascination.

Ten years on, their value has only grown. Diamonds appreciate, artistry endures, and cultural icons like this take on a life of their own. Today, they are likely worth far more than their original price tag. But their real value, at least to me, lies in what they represent.

The Language of Fashion

Before I was a coach, before I created Confidence Magazine, I was a fashion designer. For years, I lived and breathed the world of fabrics, cuts, tailoring, and the alchemy of how clothes can change the way we feel.

Fashion taught me an essential truth: what we wear is never just surface. It's a language. A statement. Sometimes it's quiet, a favourite jumper that makes us feel safe. Sometimes it's bold, a red lipstick, a killer jacket, a dress that demands attention. And sometimes, it's dazzling, a pair of diamond heels that say, unapologetically, *“I am here.”*

But here's the thing: the power was never in the jumper, the lipstick, or the shoes. The power was in the choice.

Worthiness Woven In

When I think about Chris Shellis and those iconic stilettos, what strikes me most is not the

extravagance, but the devotion. Over a thousand diamonds set into gold, a 1,000-year guarantee, every detail meticulously crafted.

This wasn't fast fashion. This wasn't about chasing trends. This was about creating something worthy of lasting.

And isn't that what confidence is, too? Not a quick fix. Not a mask. But something we build, with devotion and patience, until it becomes part of us. Confidence, like diamonds, grows more valuable the longer we honour it.

“CONFIDENCE isn't in the SPARKLE of a stone, it's in the way YOU CARRY YOURSELF.”

What Beyoncé's Shoes Teach Us

When Beyoncé stepped into those heels, the headlines focused on the price tag. But I see something different. I see an artist choosing to align herself with another artist. A woman of influence walking into her worth with symbols that matched her unapologetic self-expression.

It's not really about the shoes. It's about what they stood for.

Confidence is a declaration. Whether whispered or dazzling, it says: *“I know who I am.”*

Worth is timeless. Just as the value of those heels has grown, our self-worth expands when we nurture it.

Craftsmanship matters. In shoes, in jewellery, and in the lives we are building.

Artistry has power. It reminds us that beauty and meaning can coexist — and that we are worthy of both.

The Spark Behind This Article

That day, when the conversation first turned to the South Lanes jeweller who had crafted the world's

most talked-about stilettos, it stayed with me. Not because I dreamt of wearing them (though I can't deny I'd love to try them on just once!), but because it reminded me why I do what I do.

Confidence is not about what you own. It's about what you allow yourself to believe you are worthy of.

My fashion years showed me the outside can be a doorway. My coaching years taught me the inside is where the transformation truly happens. And now, through this magazine, I am weaving the two together; fashion, artistry, stories, and soul, so that every reader can see themselves as already enough, already radiant, already worthy.

As we close this year with our December theme, *The Return to Self*, I want you to ask yourself:

- What are you stepping into as the year ends?
- What choices reflect your worthiness?
- What symbols remind you of your own resilience and radiance?

Maybe it's not diamond stilettos. Maybe it's a scarf from your grandmother, a necklace from a friend, or a pair of boots that have carried you through every season. What matters is not the cost, but the meaning.

Confidence isn't in the sparkle of a stone, it's in the way you carry yourself, the way you honour your story, the way you return home to who you truly are.

Elif x

Chris Shellis' heels may have been designed to last a thousand years, but the real legacy is the reminder that what is crafted with intention becomes timeless. Sapphire Jewellery and Diamonds will draw your dream and make it real.

As we step into 2026, may we all carry that truth: worthiness is not given, it is claimed. And when you believe in your worth, every step, whether in trainers, boots, or diamond stilettos — becomes an act of confidence.



Photography by House of Borgezie

SEASON OF TOGETHERNESS: RETURNING TO LOVE IN FAMILY DYNAMICS



Photography by Nicola White at Bunny and Blossom

Finding peace, compassion, and confidence in one of the most emotionally charged times of the year

By Natasha Page

The festive season often stirs feelings of nostalgia, reflection, and togetherness. However, this time of year can evoke very different emotions for individuals. As a psychotherapist, I am acutely aware of the wide range of experiences the season can bring.

For some, it's a period filled with cherished childhood memories and joy; for others, it may trigger pain, loss, or longing. When it comes to loss, the festive season can be deeply reflective. For those who have faced difficulties in family relationships or experienced a complete breakdown in contact, this period often prompts thoughts of reconciliation and the wish to make amends.

The festive season naturally offers opportunities for family gatherings, shared traditions, and an atmosphere of love and goodwill, making it an ideal time to extend an olive branch and move forward. Repairing a relationship, even if it doesn't return to exactly what it was before, can be an act of self-love. It allows you to move on without bitterness and creates space for grace — both for yourself and for others to take root.

Things to Consider in Reconciliation

Before considering reconciliation, it's crucial to prioritise your emotional safety. When I work with clients navigating these situations, I often encourage them to reflect on both possible outcomes: how it might feel if the relationship begins to mend, and how it might feel if it doesn't.

It's also helpful to consider the approach that feels most aligned for you. For some, writing a letter of acknowledgement may be the gentlest way to express their feelings; for others, asking a trusted third party to make contact can provide a sense of safety. Whatever path you choose, take time to

consider how you'll care for yourself if things don't go as planned. Your well-being must stay your priority as you take any steps towards reconciliation.

When people take the brave step to repair a relationship, the emotions that follow can vary. Many describe a deep sense of relief, like a weight has been lifted. Others feel peace knowing they've done what they can to repair the relationship, regardless of the outcome. At the same time, it's normal for this process to stir mixed emotions, vulnerability, fear, or uncertainty. Rebuilding trust or reconnecting after conflict often takes time.

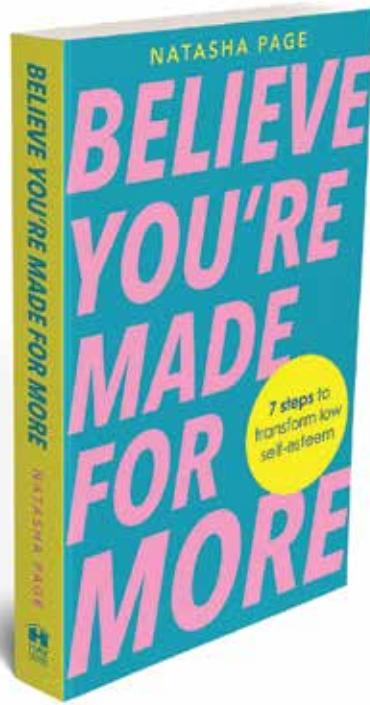
“LOVE doesn’t always mean fixing what’s broken, sometimes it means CHOOSING PEACE and NURTURING your own HEART.”

The Reality for Those Who Can’t

It's also important to recognise that not every relationship can or should be repaired. In cases where there has been childhood abuse, narcissistic dynamics, or other forms of emotional harm, reconciliation may not be safe or appropriate.

When a relationship has caused deep pain or trauma, attempting to reconnect can sometimes reopen wounds rather than heal them. Your safety, both emotional and physical, must always come first.

I have seen the impact that broken relationships can have on people's ability to love themselves, leading them to feel it's their fault or that they are somehow



flawed. It can deeply affect how they view their own worth.

Self-Esteem and Quiet Confidence

When we maintain healthy levels of self-esteem, we become better at letting go of external validation and develop what I call quiet confidence, the inner trust that we can make the right decisions for ourselves.

So, this Christmas, remember that the most important relationship to nurture is the one you have with yourself. This means being compassionate, speaking kindly to yourself, and allowing your heart to guide you instead of societal or family expectations.

Here are a few gentle ways to put this into practice:

Give yourself permission to rest.

You don't have to say yes to every invitation or do



NATASHA PAGE

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things just because you've always done so. Listening to your body is an act of self-care.

Speak to yourself as you would to someone you love.

If guilt or inadequacy surfaces, pause and ask, "What would I say to my best friend who felt this way?" Then offer yourself the same compassion.

Protect your peace.

If certain people or situations leave you drained, it's okay to limit your time or step away completely. Boundaries are not barriers, they are bridges to self-respect.

Focus on what feels nourishing.

Spend time with those who make you feel safe and alive. Create quiet moments of comfort, a walk in nature, a candlelit bath, a gentle meditation.

Be kind.

Every act of self-kindness strengthens your self-worth, which in turn deepens your capacity to love others from a place of wholeness.

Love Starts Within

This Christmas, whether you're repairing family bonds, setting boundaries, or simply taking time for yourself, remember, love begins from within.

It's about approaching yourself and others with compassion, kindness, and patience. Love doesn't always mean fixing what's broken or seeking approval. Sometimes it means honouring your own heart, choosing peace, and nurturing your sense of self-worth.

By returning to yourself first, you lay a foundation of love that extends outward, guiding healthier, more genuine connections with others.

This festive season, let your love start with you, and illuminate every part of your life.

CLEARING SPACE, FINDING PEACE: THE ENERGY OF A CONSCIOUS HOME

As the year closes, our homes become mirrors of our inner world. Interior design isn't just about style, it's about flow, energy, and creating a space that helps you exhale.

By Ayşe Gül Doğan Köse



“Every object in your home CARRIES ENERGY, the more INTENTIONAL your space, the MORE PEACEFUL your mind.”

Every object in your home carries energy. Every drawer, every corner, every untouched pile of “I’ll get to it later” holds a vibration and that vibration affects how you feel, think, and move through your day.

As the year draws to a close, there’s no better time to pause and look at your environment not as a collection of things, but as an extension of your wellbeing. The truth is simple: **when your home is cluttered, your mind rarely feels clear.**

The Home as a Reflection of the Self

Our homes are living reflections of our internal world. When life feels chaotic, clutter tends to accumulate. When we feel grounded, our surroundings tend to mirror that peace. This is not about perfection — it’s about harmony. It’s about designing a space that supports the person you’re becoming, not the one you’ve outgrown.

Feng Shui and the Flow of Energy

Ancient traditions like Feng Shui remind us that our environments are not passive, they are energetic systems that influence mood, motivation, and even health.

The way energy, or chi, moves through your home determines how supported you feel in daily life.

- Blocked chi (created by clutter, sharp edges, or stagnant areas) can leave you feeling tired, stuck, or uninspired.
- Flowing chi (created by balance, light, and open space) restores your clarity and momentum.

The Minimalist Myth

Minimalism isn’t about empty rooms or cold spaces, it’s about intentionality. It’s about surrounding yourself only with what adds beauty, meaning, or peace.

A minimalist home whispers, rather than shouts. It invites calm. It gives your eyes, your breath, and your mind somewhere to rest.

Ask yourself:

- Does this item add value or drain energy?
- Would I buy it again today?
- Does it represent the person I’m becoming?
-

When we hold onto things that no longer resonate — clothes from another life, paperwork from an old business, gifts we never liked but feel guilty discarding — we unconsciously anchor ourselves to old versions of who we were.

Decluttering becomes less about cleaning and more about releasing the past.

Designing for the Year Ahead

As you prepare for a new year, think of your home as a canvas for renewal.

- **Introduce natural materials**, wood, linen, stone, plants, to ground your space and soften your energy.
- **Let light in.** Open your blinds early. Light activates clarity and motivation.
- Create one sanctuary corner, a reading chair, a meditation nook, a place where you can retreat for five quiet minutes a day.

Your environment doesn’t need to be perfect, it just needs to feel like peace.

An Energetic Reset for 2026

This season, before you set resolutions or goals, clear space.

Make room, physically and energetically, for what’s next.

As you sort, release, and realign, whisper to yourself:

I’m not losing anything by letting go. I’m gaining space to breathe.

Because your home isn’t just where you live. It’s where your next chapter begins.



AYŞE GÜL DOĞAN KÖSE

Ayşe Gül Doğan 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 Gül invites others to slow down, connect inward, and let art speak the truths that words sometimes cannot.

HOW END-OF-YEAR FINANCIAL RITUALS CAN BUILD PEACE, NOT PRESSURE

By Claire Bartlett



Photography by Amanda Hutchinson

What if the financial aspect of your business could become your best friend instead of the villain in your entrepreneurial story?

Instead of sitting in front of the fire, curled up with their family watching Christmas classics, a staggering 4,400 entrepreneurs filed their tax return on Christmas Day and an even more shocking 12,000 submitted on Boxing Day.

As the owner of a bookkeeping practice for over a decade, and a business coach and mentor, I have spoken to thousands of business owners. One thing I know for sure: you are not alone if you avoid your accounts at all costs. In fact, it is the most hated part of being in business by a country mile.

But what if I told you there was another way?

By building a few simple habits into your week, you can develop confidence, skill, and knowledge around your business finances, helping you make better-informed decisions, become crystal clear on the health of your business, and never have to worry where the money to pay a bill will come from.

Here are my top five confidence-boosting habits to start implementing today to ensure you kick-start 2026 in the most empowered and informed way in your business:

1. Build (and stick to) a cashflow forecast in your business.

This is the most effective way to instantly become empowered when it comes to your finances. By building a clear understanding of how and when money flows in and out of your business, you'll gain the confidence to make buying decisions, know when to expect peaks and troughs in your income, and eliminate ever being surprised by a shock bill again.

I have a completely free template you can grab a copy of here:



2. Stop avoiding them.

Often, people bury their heads in the sand regarding their accounts because they don't feel confident understanding what the numbers are telling them. Unfortunately, this is a sure-fire way of feeding the fear and strengthening any negative feelings you have towards them.

Instead, create a 'money date' in your diary. Set a regular time (weekly ideally, but monthly at minimum) to review your figures, complete the cashflow template mentioned previously, and just begin to become friends with your finances! Make it enjoyable, light a candle, pour yourself a glass of wine, and get in your comfies. The more relaxed you are, the more you will start to look forward to this 30–60 minutes of CEO time.

"Avoiding your accounts FEEDS FEAR. Facing them builds FREEDOM."

3. Ask for help.

There is a reason we study for so long to become accountants and bookkeepers! To truly decipher the numbers and see what they can tell you about the health of your business takes practice, so don't try to do it all alone. Seek out a professional who can help you.

And if you don't have the budget to work with one on a regular basis just yet, most will offer one-to-one sessions to answer questions, explain any elements you're unsure of, and help you build confidence and knowledge in this area of your business. Ask for local recommendations, talk to your peers, and find someone you feel aligned with who won't feel intimidating to you. It's important to build a good relationship so you can speak honestly and openly.

4. Use software.

One of the quickest and easiest ways to build confidence around money is to use software designed specifically to help small business owners

**“Make 2026 the year you
BECOME CONFIDENT with
your books and step into
your EMPOWERED
CEO era.”**



like yourself stay on top of their finances in a simple and easy way.

Xero is a perfect solution, with cost-effective options for all sizes of business and plenty of guidance and support to help you use it to its full potential.

5. Finally, don't be so hard on yourself!

Confidence doesn't come naturally when it comes to business finances. As a country, the UK does not educate us around this topic and most of us go into business as experts in a certain area, not because we're good at accounting!

Taking small steps like the ones above, dipping your toe in, spending time with your numbers, and beginning to understand them, is a huge step forward in becoming financially empowered and confident in the future success of your business.

Make 2026 the year you become confident with your books and step into your empowered CEO era.



CLAIRE BARTLETT

Claire Bartlett is a business coach, mentor, and founder of a leading bookkeeping practice. She helps entrepreneurs build confidence, clarity, and empowerment around their finances through simple, sustainable habits.

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Photography by Henry HU

Tania Bardsley and Elif Köse at Soul Speak, London Event, October 2025

STORIES OF WOMEN WHO RECLAIMED THEMSELVES THIS YEAR

By Elif Köse

This year, I've sat in many rooms, circles, gatherings, conversations that moved me to my core.

Each one looked different, yet beneath them all was the same heartbeat: women remembering their power.

What struck me most wasn't how inspiring everyone was, though they were, but how deeply human we all still are.

The same women who are out there building, creating, and leading with compassion are also navigating wounds, shadows, and moments of comparison. Myself included.

“You can COMMUNICATE endlessly, but without COMPREHENSION, TRUTH never LANDS.”

We speak of empowerment, and we mean it. But sometimes, in the quiet moments after the applause, I see how easily we still slip into stories that disconnect us, stories of judgment, competition, or silent resentment.

It's not because we're unkind. It's because we're still learning to understand what empowerment truly means.

For years, I used to say, “*communication is the key to every relationship.*”

But now I know it isn't. Comprehension is.

You can speak your truth clearly, beautifully, even bravely, but if the person on the other end isn't ready to hear you, the words fall into an echo chamber of misunderstanding. And I see this everywhere: in families, workplaces, friendships, even among women who are otherwise devoted to lifting each other up.

We think we're listening, but often we're preparing to respond. We think we're connecting, but sometimes we're comparing. True connection doesn't come from talking more; it comes from understanding deeper.

When Empowerment Misses the Mark

Recently, I found myself in a space where I had invested my time, marketing budget, energy, and heart in the spirit of collaboration, believing that collective effort is how we rise.

But instead of appreciation or acknowledgement, I was met with dismissal.

I realised in that moment how easy it is for people to speak of empowerment yet act from scarcity. How kindness can be mistaken for weakness.

It hurt, yes, but it also revealed something far more powerful. I saw, with new clarity, that those who operate from lack cannot recognise abundance when it stands before them. Their actions are not a reflection of my worth, but of their unhealed relationship with their own.

And so, I chose not to shrink or harden. Instead, I turned that experience into a mirror, one that reminded me why I do this work. True sisterhood isn't about who claps for you when you're on stage; it's about who holds integrity when no one is watching.

To the women still leading from fear or control: I see you. And I hope one day you'll see yourselves clearly enough to lead with love. Because compassion doesn't make us naïve, it makes us free.

Then Comes The Drama Diet

Lately, I've noticed how easily people feed on drama, how the collective nervous system seems addicted to outrage, gossip, and judgment. It's almost as if we need a hit of chaos to feel alive.

But what if we started feeding on peace instead? What if the stories we shared weren't about who said what, but about what we learned, how we healed, or how we grew?

Because here's the truth I keep returning to: Nothing happens *to us*; everything happens *for us*.*

Every conflict, every misunderstanding, every ending, it all carries medicine.

“KINDNESS isn’t weakness, it’s the loudest DECLARATION of STRENGTH.”

But we can't receive it if we're still obsessed with who's right or wrong. The lesson only reveals itself when we choose comprehension over reaction, compassion over control, and curiosity over certainty.

I believe there's a quiet revolution unfolding, not on stages or in headlines, but in hearts.

It's the revolution of women who are tired of pretending, tired of pleasing, tired of proving.

We're beginning to see that empowerment isn't a performance. It's not the loudest voice in the room.

It's the woman who can sit in discomfort, see her reflection in another's pain, and choose to understand rather than judge.

“I no longer MATCH ENERGY, I PROTECT mine.”

That's what truth looks like.

It's not perfect. It's not polished. It's present.

So here's where I stand now. I no longer match energy, I protect mine. I no longer chase inclusion in spaces that confuse presence for power. And I no longer stay silent when I see women treating each other from fear instead of love.

Because sisterhood built on scarcity isn't sisterhood at all, it's survival. And I choose something higher.

I choose to build in truth, to lead with compassion, and to collaborate with women who understand that kindness is not currency, it's character.

The world doesn't need more women pretending to support each other.

It needs more women who actually do. And that begins with you, with me, and with every one of us who decides that love, not ego, is the legacy we leave behind.

THE RETURN TO CELEBRATION: WHEN WOMEN REMEMBERED THEIR POWER



Inside Brighton's Most Transformational International Women's Day Event and What Awaits in 2026

By Cecilia Grant

There are events that fill a room and then there are moments that fill a movement.

On Saturday 8th March 2025, The Grand Brighton's Empress Suite became more than a venue. It became a mirror, reflecting back the brilliance, resilience, and quiet power of over 100 women who gathered not to compete, but to connect.

The air was electric yet grounded, a rare combination of elegance and emotion. This wasn't an ordinary conference; it was a reclamation. A day that reminded every woman present that she was never missing anything, she was simply remembering who she truly is.

Where Confidence Meets Consciousness

Curated by transformational confidence coach Elif Köse, founder of Confidence Magazine, the event carried a pulse that was part celebration, part spiritual activation.

Throughout the day, stories were shared, truths were spoken, and walls both internal and external quietly dissolved. The line-up was a masterclass in female leadership and emotional intelligence, headlined by a roster of speakers whose work reached far beyond the stage.

Abi Osho, Leading with Legacy

BAFTA winner, TEDx speaker, and internationally recognised leadership coach Abi Osho held the

room in absolute stillness as she spoke about power, not as control, but as presence.

"Your voice," she said, "isn't just what you say. It's what you allow yourself to believe again."

Her words landed like poetry and prophecy all at once, setting the tone for the day: truth without pretence, and leadership without ego.

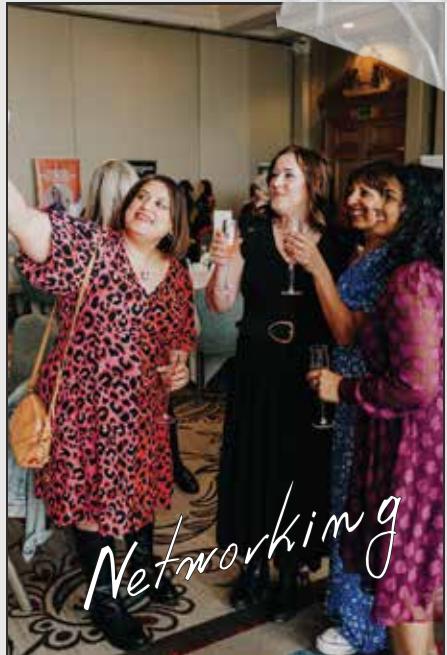
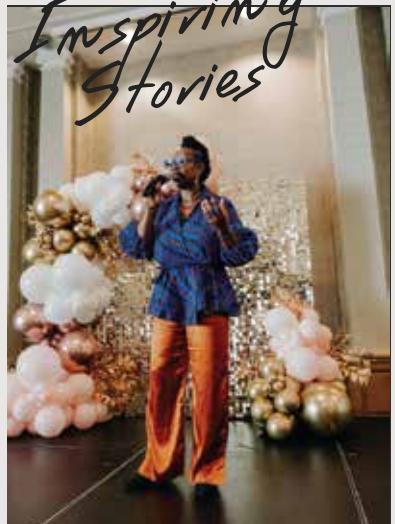
"You don't JUST ATTEND this event, YOU RISE with it. EVERY WOMAN in that room is A MIRROR, reminding you of the POWER you've ALWAYS had."

Emma Fullwood, The Fearless Feminine

With unflinching grace, Emma Fullwood spoke about body, desire, and the sacred power women have been taught to silence. Her now-famous phrase, "P*ssy Power," didn't shock; it liberated. For several long minutes, the room was silent except for breath, deep, collective, healing. It was more than a keynote; it was a reclamation of the feminine in its rawest, most embodied form.

Kate Wolf, The Alchemy of Story and Stage

Few speakers blend creativity and consciousness like Kate Wolf. Speaking on The Magic of the Stage, she showed how visibility, often our greatest fear,



can become the most sacred act of self-liberation.

“When you own your story,” she said, “you give permission for others to own theirs.” Her performance was both theatre and therapy, transforming the stage into a mirror of human truth.

Funmi Olatoye, Technology, Time, and the Modern Woman

Trailblazer Funmi Olatoye redefined what it means to thrive in the age of AI. “AI is not here to replace you,” she said. “It’s here to release you.” Her talk bridged humanity and innovation, reminding women that success doesn’t have to mean sacrifice and that technology can serve our freedom rather than threaten it.

The Power of Collective Connection, The Panel

The afternoon’s panel, featuring **Pippa Moyle**, **Simona Barbieri**, **Lyndsey Clay**, and **Hulya Gunay**, centered around a truth often repeated but rarely embodied: your network determines your net worth.

They explored the difference between collaboration and competition, how generosity builds legacies, and why authentic connection is the currency of the future.

By the time the microphones were switched off, the women in the audience had become participants in a shared awakening.

Music, Movement, and Meaning

Between talks, guests were serenaded by live singer **Betts** and dancers from **Mum Bob of Brighton**, weaving art into the day’s emotional rhythm.

Laughter echoed through lunch as women shared stories over champagne flutes; tears followed as others recognised themselves in the words spoken from the stage.

By late afternoon, something had shifted. Women who arrived as strangers were now sisters, exchanging contacts, ideas, and promises to collaborate.

Confidence, in that room, had stopped being a concept. It had become a collective frequency.

Glamour with Purpose

As daylight faded over the Brighton seafront, the energy softened but never dimmed.

Each guest left with a goody bag brimming with gifts from **MAC**, **Temple Spa**, and **Dr. Hauschka**, curated luxuries worth more than the ticket price. But the real gift was intangible: belonging.

By the end of the day, over **£508** had been raised by Elif Kose Fashion House donated designer pieces, for **Catalyst Charity**, turning celebration into contribution and proving that when women gather, generosity multiplies.

The Return to Celebration, 2026 Awaits

And so we turn to **Sunday, 8th March 2026**, same venue, same magic, but an entirely new level of mastery.

With over 200 women expected to attend, this year’s gathering will celebrate through connection, consciousness, and confidence.

The 2026 line-up features an extraordinary collective of visionaries whose work embodies transformation in its truest form, blending strategy, wellbeing, embodiment, and leadership into one unforgettable day.

Victoria Salomon, award-winning creator of *The Ixchel System*, will guide guests into the body’s innate intelligence, revealing how realignment, awareness, and self-healing can release not only pain but the emotional stories stored within it. Her revolutionary methodology is transforming the way we view health, empowerment, and energy.

Taylor Smith, holistic business consultant and Chartered Accountant, is rewriting the rules of finance for female founders. Through her grounded yet unapologetic approach, she shows women how to build wealth with strategy and soul, turning fear of numbers into confidence, clarity, and unstoppable growth.

Debbie Stevens, wellbeing pioneer and reflexology specialist, reminds us that it's never too late to rewrite your story. From burnout to breakthrough, she built a life and business from pure courage, inspiring thousands to put wellbeing first and live from inner freedom rather than fear.

Fiona O'Sullivan, brand voice strategist and founder of The Write Field, brings two decades of experience in leadership and storytelling to the stage. Her work helps visionary women find the words that move worlds, transforming their message into influence and their presence into legacy.

Hayley Keeber, The Business Simplification Strategist and founder of She's THAT Mum, is on a mission to prove that motherhood and massive success are not mutually exclusive. Through her Seriously Simple Success System, she helps women scale sustainably, systemise with ease, and create legacy-level impact without the burnout.

Laura Beddoe- Collins, TEDx speaker, podcast producer, and founder of Soul Speaks Academy, brings the voice of resilience and feminine power to the stage.

Once homeless and rebuilding life from the ground up, Laura now teaches women how to reclaim confidence, heal from conditioning, and sell their soulful services without shame. Her story is proof

that the moment you stop shrinking your truth, you start expanding your world.

Together, these women represent a new wave of leadership: intelligent, embodied, heart-led, and wholly unapologetic.

Expect deep dialogue, immersive entertainment, shopping corners brimming with female-founded brands, and a **VIP cocktail celebration** marking the one-year anniversary of *Confidence Magazine*.

Because empowerment isn't just about achievement, it's about allowing yourself to celebrate who you've already become.

As we prepare to open the doors to this year's International Women's Day celebration, my wish is simple: that every woman who feels the pull to belong to something greater listens.

Whether you wish to sponsor the event, showcase your brand in our vendor area, or gather your sisters and book a table to celebrate together this is your invitation.

Come and stand among women who are done dimming their light.

Be in the room where confidence is contagious and connection becomes currency.

Because this year, we rise not alone, but as one.

 **To collaborate, sponsor, or secure your place:** elif@elikose.co.uk

 **Book tickets for Sunday, 8th March 2026, at**
The Grand Brighton Hotel: iwd.elikose.com

A moment that words can barely capture. During Abi Osho's *"I See YOU"* session, inspired by her powerful work in the BAFTA-winning documentary **White Nanny, Black Child** — Elif invited her to guide the audience through one minute of pure presence: no words, no movement, just seeing and being seen. In that sacred silence, tears fell, barriers dissolved, and strangers became lifelong friends.



CHRISTMAS BAKING

By Beccy Hunt

Take your Christmas baking to the next level with Beccy's easy homemade fruit mincemeat recipe.

This will transform your mince pies into a taste sensation!



CHRISTMAS MINCEMEAT

Making your own mincemeat will transform your festive baking into a taste sensation

Makes 3 x 350ml Jars

INGREDIENTS

300g Bramley apples with peel, cored and chopped small
 25g chopped almonds
 2 tsp mixed ground spice
 1/4 tsp ground cinnamon
 A pinch of freshly grated nutmeg
 110g shredded suet (can use vegetarian)
 175g raisins
 110g sultanas
 110g currants
 110g finely chopped mixed candied peel
 175g soft dark brown sugar
 Grated zest and juice 1 orange
 Grated zest and juice 1 lemon
 3 tbsp brand (optional)

METHOD

Place all the ingredients, except the brandy, into a large baking tray and stir thoroughly. Cover with Chez Beccy Christmas Tea Towel and leave in a cool place over night (approx 12hrs), for the flavours to fully develop.

Preheat the oven to 120°C/gas mark 1/4.

Remove the tea towel, cover the baking tray with tin foil and place in the oven for 3 hours. When the time is up remove from the oven. Don't worry about how it looks, there will be a lot of fat and this contains all the flavour, so you need this!

As the mixture cools, stir from time to time and the fat will become incorporated with the other ingredients. If you are adding brandy, stir this in when the mincemeat is completely cold.

Pack in sterilised jars and cover with discs of baking paper to seal. Keep in a cool dark cupboard indefinitely!



FRANGIPANE MINCE PIES

I like to top my mince pies with frangipane but of course you can also stick to a traditional pastry top!

Makes 12

INGREDIENTS

220g block of ready made shortcrust pastry
A jar of good quality mincemeat
(preferably homemade)

FRANGIPANE

100g golden caster sugar
100g (soften) unsalted butter
2 large free-range eggs
100g ground almonds
25g self-raising flour
1/2 tsp almond extract
Handful flaked almonds
icing sugar to dust

Cut out 12 discs of pastry, 7.5cm in diameter, using a cookie cutter.

Use to line each of the holes. The pastry will only come up the sides about a third of the way.

Place a heaped teaspoon of mincemeat into the bottom of each one. Then a heaped teaspoon of the frangipane mixture on top.

Sprinkle on a few flaked almond over the top and bake in a preheated oven for 15-20 minutes until golden brown.

Leave to cool in the tin for a few minutes before placing on a wire rack. Dust with icing sugar to serve.

METHOD

Preheat the oven to 200°C/180°C Fan/Gas mark 6.

Grease a 12 hole deep muffin tin.

To make the frangipane mixture, place the soften butter and the sugar into a bowl and whisk together until soft and creamy. Add the eggs, ground almonds, flour and almond extract and whisk until smooth.

Dust your work surface with a little flour and roll your pastry out as thinly as possible, about 3mm thick.



BECCY HUNT

Beccy Hunt is the founder of Chez Beccy, a joyful British brand celebrating the art of connecting around the kitchen table. A passionate home baker, author of ***A Guide to Hosting Afternoon Tea: With Beccy's Favourite Recipes***, and regular demonstrator at food festivals across the UK, Beccy loves to share her easy-to-follow recipes and the simple pleasure of baking for others.

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Photograph By Cheltenham Media

This is the Return to Self.

Not a slogan. Not a theme. A homecoming. A remembering of what was never lost, your worth, your voice, your wholeness.

I'm tired.

Tired of watching women dim their light just to be accepted in rooms that were never built for their radiance.

Tired of hearing introductions that start with lack "I'm just starting out," "I'm trying to make it work," "I hope I'm good enough."

No.

You are already enough.

You always were.

Somewhere along the way, we were taught that confidence meant volume.

That success meant domination.

That power meant control.

And in that noise, we lost the softness, the tenderness, that is our greatest strength.

This magazine, this community, this movement was never built for the loudest voice in the room. It was built for the woman who leads with grace, who creates from compassion, who knows that kindness is not weakness, it's mastery.

I'm done with fear.

Fear disguised as strategy.

Fear dressed up as competition.

Fear that tells women there's only room for one of us at the top.

No more.

Because when one woman rises in truth, she gives every other woman permission to stop pretending.

And that's what I want, for all of us to stop performing and start being.

This is the *Return to Self*.

Not a slogan. Not a theme. A homecoming.

A remembering of what was never lost, your worth, your voice, your wholeness.

Let the next season of your life be led not by "How do I prove myself?" but by "How do I love myself through this?"

Because the moment you meet yourself with compassion instead of criticism, everything shifts.

So here's my invitation as we close the year, Let's stop introducing ourselves from lack.

Let's stop leading from fear.

Let's stop confusing force with power.

And let's start remembering that real confidence doesn't demand attention, it commands presence.

Lead with kindness.

Walk with compassion.

Speak from truth.

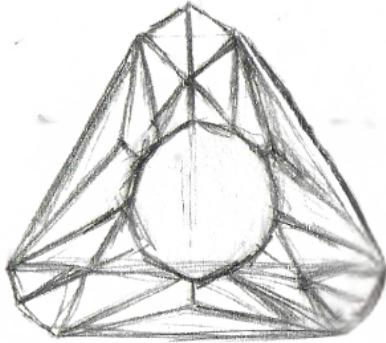
And know that who you are, as you are, is already the revolution.

With love and compassion

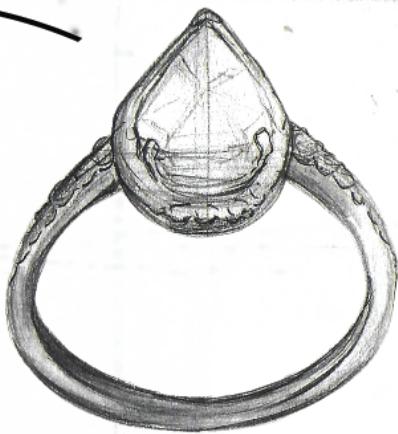
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EDITOR-IN-CHIEF



Find your
setting



Pick your
diamond



Wear it with
pride



Make it truly
yours



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