

Confidence Expert Lizi Jackson-Barrett is a coach, a bestselling author, a TEDx speaker and a proudly bald woman. She struggled with a lifetime of negative body image before losing her hair at forty and learning what it truly means to love herself as she is. She knows from personal experience how increasing your confidence can transform your life - often in ways you'd never imagined. Now she is fearlessly focused on empowering others to build their self-belief and gain the confidence they need to achieve their full, extraordinary potential in business and beyond.

Lizi prides herself on being a speaker with a difference. There are many coaches and speakers ready to tell you to be more confident and believe in yourself, but Lizi is the one who will show you *how* to do that. She loves sharing her uplifting and, at times, heartbreaking story; but is also passionate about helping people understand the precise steps to building their own confidence, and inspiring them to take action and create the change they long for.



As seen in:



"Lizi's confidence workshop was one of the most powerful professional workshops I have attended. Often, when working with influential people, it is easy to forget that many of us (especially women) have faced similar challenges on our very different journeys, and Lizi brought all of us back to that reality with a grace and eloquence that was deeply moving. Her story is one many can relate to, but rarely discuss, and her work to support women in expanding their confidence is foundational in building a better world for ourselves and the next generation."

Isla Munro
Founder at For The Win Ventures

"Lizi is an absolute star when it comes to public speaking! She recently guested on a live podcast event with me and the audience were completely engaged throughout the whole recording: many were even moved to find her afterwards to tell her how much her words had resonated with them. She's confident, intelligent, funny and utterly fabulous! I will have the absolute pleasure of podcasting with her again soon and I can't bloody wait!"

Sarah Cawood
TV Presenter

"Lizi greatly impressed us with her insight and authenticity. The honesty and vulnerability she offered meant we felt a connection with her very quickly, and enabled the group to participate in her excellent workshop with open hearts and minds. They left the session feeling inspired and empowered to create the confidence they want to see in their lives. I would recommend Lizi to anyone looking for a speaker with true expertise in the area of confidence; and who is passionate about teaching others how to increase their self-belief and self-esteem in order to reach their full potential."

Tessy (De Luxembourg) Antony de Nassau ép. Floessel
Serial Entrepreneur and Philanthropist



KEYNOTES INCLUDE:

How to Be Confident At Anything

When Lizi lost all her hair to alopecia in 2017 her body confidence hit an all-time low until - crying in bed one night - she was struck by a realisation that changed everything. Now a fat, bald forty-something, she's more confident in her own skin than ever before. Lizi has used her experience to develop a five-step process that anyone can use to become confident at anything. She'll share it in this empowering talk, leaving you excited and ready to get going on your own confidence growth journey.



Why Everything You Know About Comfort Zones is Wrong

"Everyone who's ever succeeded got out of their comfort zone, and if you insist on staying there you're a loser!" That's the message you've been given by every coach, guru and motivational speaker out there. But Lizi thinks this is wrong - she believes that our comfort zones are where we perform at our best and the secret isn't to leave them, it's to expand them. In this game-changing talk she'll explain exactly how to do that so that your own comfort zone becomes a place for you to achieve the success that's eluding you.

Is "Wrong" the New "Right"?

The world has never been as polarized as it is now: take any important issue and you'll find two diametrically opposed opinions. In a society that has never been more connected, it's never been easier to fight with strangers - and always with one ultimate aim: Don't. Back. Down. In this powerful talk Lizi will show you how our fear of being wrong is destroying civilization, and you'll leave knowing what action you can take to save the world.

You Can Stop Now

Lizi was eleven years old when her science teacher told her she was too ugly to feed the worms, triggering decades of poor body image and self-loathing. In this talk Lizi will share the life-changing moment that came thirty years later, transforming the way she saw herself for good. She gave herself permission to stop wasting time, energy and money on trying to change how she looked and instead embrace happiness; and Lizi will leave you knowing you can do the same.

WORKSHOPS INCLUDE:

Six Pillars of Confidence for Business Success

In her work as a confidence coach for female business owners, Lizi sees the same six challenges come up again and again. In this workshop Lizi will share the key areas of confidence that she believes are crucial for success in our businesses. She'll help you to explore which ones are holding you back and will guide you through her proven process for creating the confidence you need.

The Big Vision

Giving ourselves permission to aim high is the first step to building the confidence we need to reach goals so huge we hardly dare admit to them. In this workshop Lizi will show you how powerful it can be when you allow yourself to stop playing small and let go of the belief that you should rein in your ambitions. You'll leave with a clear, unashamed vision of your best possible future.



How Are You Motivated?

Many of us yearn for change but lack the motivation to make it happen, which isn't surprising when so few of us understand exactly *how* we are motivated. In this interactive workshop Lizi will introduce you to nine distinct forms of motivation; help you discover which ones work best for you; and leave you with an action plan to get motivated in a way you've never tried before!

How to Feel Beautiful

Lizi's book *How to Feel Beautiful* is a number one bestseller, and is changing the lives of women across the globe. In this workshop Lizi will share some of the key stories behind the book and will guide you through a series of reflections and activities that will help you to feel beautiful and confident in your own body, exactly the way you are.

"Lizi's very special talent is showing people what is possible".

Carrie-Anne Philbin MBE

