



SHANE O'BYRNE

The Confidence Coach

**THE WORLD IS WAITING.
LET'S GO!**

CORE SKILLS

- Confidence
- Belief
- Resilience
- Motivation
- Positivity
- Emotional intelligence
- Communication Skills
- Sales coaching
- Business coaching
- Overcoming stress and anxiety
- Achieving goals

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THE WHO

I have been coaching – and improving the lives of others – my entire life.

Throughout my career in Marketing & Sales, I have been coaching, mentoring, guiding, advising and doing everything to positively enhance the lives of those I come into contact with for over 30 years.

Both these business operations require an insight and understanding of people in order to be successful, so my career has essentially shaped my practice. I have created my style and take my learnings from the study of just about every single self-help, confidence and motivational author and guru that has ever graced a bookshelf, stage or webinar.

“Selling is a prerequisite for (every aspect of) life”. Grant Cardone.

I set up Shane O’Byrne – The Confidence Coach in 2018; a practice focused solely on instilling positivity, belief, confidence and resilience in order to achieve goals; addressing issues (such as anxiety and stress) that may be holding individuals or teams back from being – and performing – at their very best; helping them to identify where they want to get to and creating a structured plan and instilling the necessary attitudes, beliefs and actions to get them there.

I have coached Individuals, Corporate Teams, Managers, Directors and Business owners. Anyone and everyone who wants to live a happier life and to be more successful.

THE WHY

Why do I coach?

The best advice and guidance comes from a place of empathy and understanding.

Having suffered with a paralysing lack of confidence and been an uncomfortable introvert until the age of 30 I have a personal understanding of the problems, issues and restrictions such conditions can cause. A life lived in fear. The truth is life doesn’t need to be that way. We’re only here once; most would agree, we owe it to ourselves to be the very best we can be and have the best life possible.

And I LOVE people. Everything about how people operate, think, feel and behave; how we limit ourselves and how we don’t need to. And I know that limitation prevents us from being blissfully happy. It’s unnecessary and I’m here to change that.

“You don’t get to choose how you’re going to die or when. You can only decide how you’re going to live now.” Joan Baez.

I hold a Diploma in Emotional Intelligence from PSI Emotional Intelligence (EI) is the methodology of how an individual manages themselves to be both personally and interpersonally effective. Businesses high in Emotional Intelligence benefit from more engaged employees and leaders, staff who are more able to adapt and cope with change, better team working, collaboration and innovation.

The Diploma was a comprehensive study of every aspect of (other) people and self-management; how to understand, empathise and assimilate with people from which I created a roadmap out of my own mediocrity and into the amazing life that has resulted.

My skill is in understanding people, what makes them tick and what they need to do to make them tick better. Driving down into the very heart of EXACTLY what they want, helping them to realise that absolutely anything is possible and putting in place all the beliefs, feelings, thoughts, steps and actions to ensure they realise their ultimate goal – to be the very best version of themselves possible.

“How can you say, “the sky’s the limit” when there are footsteps on the moon?”. Anonymous.



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THE HOW

People are everything. People make the world go round.

You understand people and you understand the world. You understand people and you can use that skill, insight and ability to achieve whatever you want.

I use my expertise with people to look at where they are now and where they want to go. Building confidence and resilience, whilst at the same time addressing the issues within their belief system that are holding them back. From there we create a pathway to get them there.

I work through obstacles - bringing in more specialised help if/when necessary - to work through whatever issues are preventing my clients from believing in and achieving their goals.

It's simple. When you know people.

I am based in Portsmouth, the historic home of The Royal Navy, and all things maritime. I provide coaching to individuals, groups and teams both in person and also virtually.

"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case you fail by default." J. K. Rowling

THE STYLE

I couple a very lively, personable, friendly, empathic, collaborative style with a structured process that delves into the issues faced by my clients.

My coaching provides the external perspective and clear thinking that my clients are often missing in their hour of need.

I discuss and assess their situation and challenge their feelings and beliefs; raising self-awareness and establishing real accountability as we work together to get results and evoke positive, lasting change for each individual client.

THE RESULTS

'It was an absolute pleasure to meet Shane and to receive coaching from him. He was very engaging and I felt totally comfortable in discussing my needs and career aspirations.'

'I felt that Shane believed in me and he gave me such great encouragement and support. Would fully recommend Shane and his coaching style.'

Jody - Birmingham

"I worked with Shane to help me prepare for a significant opportunity for promotion.

Shane provided me with lots of different techniques to build and improve my confidence, which made me feel a lot more prepared for the interview process.

I went on and secured the job and really felt that Shane's coaching helped me on the big day. Thank you.'

Gary - Birmingham.



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'Following a grim health diagnosis I thought it was the end of the road for me. I have always been a 'glass half empty' kind of person and this knocked me considerably.'

I contacted Shane and used his services to set me on a different path. I had another shot and it was with his ongoing guidance, advice, support and genuine insight he helped me put perspective into my situation and start back on the road to recovery which thankfully has taken a much more positive direction.'

Karen - Dorset.

'When I met Shane my confidence was at an all time low and I was struggling with the life that comes with those thoughts, feelings and general state of mind. From our interrogative discussions we created a structured plan which he supported with encouragement and guidance all of which set me on the way to rebuilding my confidence, achieving my goals and rebuilding my life.'

Vivienne - Berkshire.

'I was drifting along in a dead-end job when I approached Shane with my dream which was to get into the Police Force. Shane had been recommended to me by an acquaintance so I thought why not?

I did not have the confidence, knowledge, experience or even any kind of plan to get me there. I was nearly 40 years old and thought I didn't stand a chance.

Shane changed all of that. He learned about me and how I think and set me achievable targets in preparation. He helped me create a structured plan to tackle each stage of the process, working with me to build resilience, job knowledge and above all confidence in my own ability.

All of this worked and came together. I became a Police Officer on 23rd November 2019 and it was the best career move I have ever made. I then worked with Shane through my initial training. It was tough and I doubted myself at times. However, he helped me see my worth and how far I had come both physically and mentally and it worked. I passed out from training school on 12th March 2020 and have never looked back.'

Jaimie - Hampshire

'I have been working with Shane for a good few months now and I can honestly say that my confidence has reached new heights I never expected it to go to.

He has taught me to not only have faith in myself but to also believe that I can do anything I put my mind to. My sessions are still ongoing but I can already see a world's difference, especially now that I have secured and been successful in my new role.

Highly recommended if you need to build your confidence and an amazing person to speak to all around! Thank you, Shane.'

Sonya - Birmingham

'I cannot thank Shane enough for the support that he has given me during my coaching sessions. I was sceptical before starting having experienced coaching over the years and had the mindset of 'I know all of this and nothing has worked before'. However, as soon as I met Shane I knew that this was going to be a very different experience.

From the moment we met, Shane was warm, engaging and encouraging – for the first time in a long time, I felt that someone had listened to me and understood me and the deep-rooted emotions that I was feeling. Shane took the time to listen to me and provided me with resources to help guide me through. He made me look at myself in a completely different way and got me thinking in more depth about my life goals and choices by asking me questions that I had not thought about before. I have noticed a positive change in myself, as have my family and colleagues.

I cannot recommend Shane highly enough as a coach – his enthusiasm and positivity is infectious.'

Juliet - Birmingham