

## CASE STUDY - Lack of confidence and low self-esteem



Louise\* first came to see me when she was a university student. Although she was an intelligent young woman, she was lacking in confidence and had low self-esteem. This led to her feeling insecure in her personal relationships and her possessiveness with her boyfriend was driving him away. Lack of confidence was also affecting her degree studies.

Working with Louise I discovered that, like many other people, the problems she was having were related to things that had happened to her in the past. Sometimes, without realising it, we carry round memories and feelings which serve to protect us from hurt but which can also stop us from moving on. I used special NLP techniques to help Louise put the past behind her so that she could begin to look forward to what she wanted for her future. Having created a compelling vision we worked on increasing her confidence to help her achieve her desired outcomes. Here's what Louise has to say:



***Working with Barbara is very different from traditional counselling. As well as discussing things, Barbara taught me special tools and techniques that I could use for myself. I noticed an increase in confidence after only three weeks and felt much more motivated to get on with my studies, too. One result of my new-found confidence was that I was able to go and study abroad. This turned out to be one of the best***

***experiences of my life. I returned to the UK, finished my degree and am now looking forward to a new career. Now I feel I can do anything I want to. Not only that but I am still with my partner five years later and we are very happy together.'***