

5 STEPS TO BECOME A SUCCESSFUL WOMAN ABROAD

How to unlock your potential and build your confidence so that you can create a highly successful career



BY VALERIA BONO

About me



I'm so excited to be sharing my experience and my coaching skills to help other women realize their dream professional life!

I'm Valeria Bono, a Clarity & Confidence Coach who helps women who have moved to a different country uncover their potential and build their confidence to find the perfect successful career path. I'm Italian and I moved to the UK a few years ago. My dream was to learn English to be able to speak with people from different cultures and countries and expand my professional career possibilities.

I came to London without a job, without being able to speak English and with only a small sum of money, but my heart and my excitement made me persevere, saying to me "you want this so you need to take it!". At that time I already had a degree, a master in counselling and several years of experience in supporting vulnerable people and helping them to find their way in life but (and there was always a "but") I was full of doubt, especially when it came to being ready to start my dream profession in London! I said to myself "I don't speak English very well so why would anyone want to hire me? How can I use my skills? I'm sure they prefer to hire people who were born and have studied here." Despite these doubts I can tell you that today I still live in London and with a huge amount of gratitude in my life. I am building my own successful business, I'm doing what I love and I feel free and satisfied.

If my short story and the following questions sound familiar to you, you are in the right place.

Are you frustrated in your career and feeling stuck, under-used, overworked or underpaid? Is your work having a significant negative impact on you and your life and you don't know how to change this situation?

Are you not quite sure about what you want in your professional life or how to go about getting it?

Do you keep sabotaging yourself and your dream of having a successful career saying to yourself "I'm not enough, I don't have this, I need to be like that"?

Would you like to change your job or build your business but you don't have the clarity and confidence to take this step?

If your answers are yes it's time to take my coaching program! Stop procrastinating! Stop wasting your time and getting down! It's time to win! It's time to feel good, free and abundant!

I will help you clarify the work you love to do and gain confidence to realize it!

I will help you to figure out your greatest strengths, tap into your passions so that you can enjoy your professional life.....and more!

Step One



CLARIFY WHAT YOU LOVE TO DO

The first step to getting clarity is to identify and overcome the confusion of understanding what you really want, what your true desires are. In order to create and manifest the life you want, you need to make specific goals.

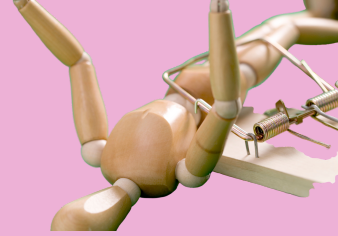
To say “I want to be successful in my career” is not enough. You need to get clear on what “to be successful” means to you.

Also you need to know how you want to feel when you have the professional life you desire.

It’s really important you have clarity on your emotional goals, how you want to feel when you get there.

The clarity coaching helps you to connect with these feelings.

Step Two



IDENTIFY WHAT IS KEEPING YOU STUCK

The next step is to identify your limiting beliefs, the blocks, the worry patterns that are holding you back from achieving your goals. Why do you not yet have your desires? Your beliefs shape your reality, your world. If you believe you can't, chances are you probably won't.

We will use various tools to gain clarity on your current situation. We will identify the barriers that are holding you back to understand what self-sabotaging behaviours and thinking have led to and help you to overcome your Self-doubt “chatter”.

We will look at and identify the thoughts and messages you've taken from your early relationships with significant adults and children to understand how they're affecting your self-worth. Most of our beliefs will have formed at an early age and are locked in at the subconscious level and you may not know that you possess them.

We will identify your conscious and subconscious beliefs so you are able to change them and stop them continuing to cause you frustration and negative career experiences.

Step Three

MASTER YOUR MINDSET AND THRIVE



Your mindset is made up of your thoughts, beliefs, values, history, behaviours, habits, actions, memory and so much more. Developing it, mastering it and your ability, confidence and courage to go for your dreams is an essential part of creating your dream life.

In the second step you identified your limiting beliefs and now we will work to transform and replace them with a new empowered set of beliefs, the belief system that helps you to create a new reality and achieve your goals.

How to harness the power of your mind to achieve the success you desire?

In this step we focus on challenging the habitual patterns of thinking that lead to self-sabotage.

Quieten your overthinking, stop comparing yourself to others, stop 'what if' thinking, stop worrying what others think and challenge the 'Imposter Syndrome'.

You will learn how to use different tools and exercises to build your confidence and successful mindset.

Step Four

RAISE YOUR POSITIVE ENERGY



We magnetize into our life that which we are a vibrational match to.

To attract and manifest success in your life, you need to be vibrating at the same frequency as success.

You need to be able to release the energy blockages that keep you holding onto past negative experiences, memories or feelings. In order to clear the path for your desires to manifest, you have to clear this negative energy.

Without releasing these blocks, you will find your subconscious resisting your success.

Once you've released any negative energy, you then need to align your energy with the vibration of your desires, raising your energy to match the frequency of your goals.

In this step we use various techniques such as forgiveness, meditation and EFT (Emotional Freedom Techniques) to release negative energy and raise your vibrational frequency.

What Now?

I will be taking on new clients in a few months and you will be the first to know!

In the meantime, please come and join my NEWLY LAUNCHED Facebook Group for Successful Women Abroad to help you to move from a lack of fulfillment to the clarity and confidence you need to move forward in your successful career.

Join the Fb Group at the link:

www.facebook.com/groups/292788731770325/

Also, feel free to follow me on Instagram

https://www.instagram.com/valeriabono_counsellor_coach/?hl=it

