

Better Self Breakthrough | Coach Charmaine Ashby

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WORTHY: The Healing Confidence Guide for Rebuilding After Emotional Setbacks

You are not broken. You are becoming.

Why You're Here

You've been through something that shook your confidence. A long-term relationship ended. You're facing anxiety, self-esteem challenges, and trying to figure out where to go from here. The truth? You're not alone and you are not broken.

What May Be Holding You Back

1. You may believe something is wrong with you because of how someone else treated you.
2. You may feel like your career doesn't reflect your true potential.
3. You may question your worth based on someone who couldn't see it.

The WORTHY Framework

W Witness Your Truth: What have you been through that no one sees but you carry every day?

O Own What You've Survived: You've been hurt, but you've also endured. That matters.

R Rebuild Your Voice: How can you speak to yourself more honestly and kindly?

T Take Small Steps: Confidence doesn't return all at once; it rebuilds with action.

H Heal with Intention: Who do you need to forgive yourself included?

Y Yield to Growth: What if this pain is not the end, but the beginning of something stronger?

Coaching Reflections for Emotional Healing

- What do you believe about yourself today and where did that belief come from?
- What would change if you started speaking to yourself like someone you love?
- What part of your story still needs your own compassion?
- What strengths have helped you survive, even when you felt unqualified?

You're Not Alone And You're Not Finished

I help men and women rebuild confidence after emotional setbacks, life transitions, and relationships that left them questioning their value.

Let's talk about how to:

- Rebuild your confidence without pretending
- Gain clarity on your next step in life or career
- Heal what's holding you back without shame

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Call or text 215-380-4870 or visit www.charmaineashby.com to schedule your confidential session.