

Navigating Life & Career Changes with Confidence

A Step-by-Step Guide to Embracing Change and Creating a Life You Love

Presented By

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Chapter 1: Embracing Change as a Pathway to Growth

Change is an inevitable part of life, yet many people resist it due to fear of the unknown. However, growth only happens when we embrace change rather than avoid it. Whether it's a career shift, a new life phase, or a transition into something completely different, every change offers an opportunity for self-discovery and progress. The key is to recognize change as a necessary step toward personal fulfillment rather than something to be feared.

By shifting your mindset and focusing on the opportunities that come with change, you can navigate transitions with confidence. Instead of seeing obstacles, start viewing them as stepping-stones leading you toward your next breakthrough. When you embrace change with an open heart and a clear vision, you allow yourself to evolve into the best version of yourself.

Practical Exercise:

- Write down three times in your life when an unexpected change led to positive outcomes.
- Reflect on how those experiences shaped your growth.



“You can’t go back and change the beginning, but you can start where you are and change the ending.”

– C.S. Lewis

Chapter 2: Recognizing When It's Time for a Career or Life Shift

Many people stay in careers or life situations longer than they should, ignoring signs that it's time to move on. Feeling unfulfilled, dreading work, or experiencing a lack of motivation are all indicators that change may be necessary. Sometimes, the fear of uncertainty holds us back from taking the steps we need to create a more fulfilling life. The sooner we recognize these signals, the easier it becomes to transition into something that aligns with our true purpose.



Instead of ignoring the inner voice urging you toward change, lean into it. Pay attention to how your body and emotions respond to your current situation. If your career or life circumstances drain your energy instead of fueling your passion, it's time to explore new possibilities. Trust that by acknowledging the need for change, you're taking the first step toward a more rewarding path.

“Sometimes the smallest step in the right direction ends up being the biggest step of your life.”
– Naeem Callaway

Turn Knowledge To Actions

- Make a list of what excites you vs. what drains your energy in your current career.
- Identify patterns and explore possible changes.

Chapter 3: Overcoming Fear & Resistance to Change



Fear is the most common obstacle to change. It often disguises itself as doubt, procrastination, or a need for "more certainty." The truth is, no major life change comes with complete certainty, but what if you reframed fear as a sign that you're stepping outside your comfort zone toward growth? The fear of failure, judgment, or making the wrong decision can keep us stuck, but the only way to move forward is to act despite fear.

Instead of seeing fear as a stop sign, view it as a companion on your journey. Successful people feel fear, but they don't let it control them. By acknowledging your fears and taking small, consistent steps forward, you gain confidence and momentum. Change doesn't require giant leaps—it requires steady progress fueled by faith in yourself and your vision.

Practical Exercise:

- Write down your biggest fears about making a change.**
- Identify one small action step you can take today despite those fears.**

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Chapter 4: Aligning Your Career with Your Purpose



To boost confidence, start by celebrating small wins. Each step forward, no matter how minor, is proof of your capability. Speak to yourself with kindness and encouragement, just as you would a close friend. Remember, confidence isn't the absence of fear—it's moving forward despite it. The more you practice self-affirmation and take action, the more you'll feel empowered to create the life you desire.

Finding a career that aligns with your purpose isn't just about financial stability. It's about fulfillment. When your work reflects your values, passions, and natural talents, it stops feeling like "just a job" and becomes a meaningful contribution to the world. Many people struggle to define their purpose, but one clue is to look at what excites you and what impact you feel drawn to make.

To align your career with your purpose, start by reflecting on your unique strengths and experiences. What do people naturally come to you for advice on? What topics do you love learning about? These are indicators of your inner calling. Once you gain clarity, seek opportunities that allow you to express that purpose, whether through a career shift, starting your own business, or volunteering in areas that resonate with you.

Imagine you've retired after a fulfilling career. What do you hope people say about the impact of your work?

Write 1–2 paragraphs summarizing the legacy you want to leave.

Draw a timeline of your career so far. Mark high points where you felt purposeful, proud, or fully alive.

What patterns or roles appear? What was missing during low points?

Chapter 5: The Power of Mindset – Shifting Limiting Beliefs



Your mindset is the foundation of your success. If you believe change is difficult, that success is out of reach, or that you are not “good enough,” those beliefs will shape your reality. Limiting beliefs often stem from past experiences, upbringing, or societal conditioning, but they do not define you.

The first step in changing your mindset is recognizing the thoughts that are holding you back. These beliefs are like invisible chains, keeping you from stepping into the life you truly desire.



Once you identify your limiting beliefs, challenge them. Replace negative thoughts with empowering ones. Instead of saying, I’m not qualified for a career change, reframe it as, I am capable of learning and growing in a new career. The more you reinforce positive beliefs, the more they will shape your reality. Success begins in the mind—when you believe in your ability to create change, you’ll take the necessary actions to make it happen.

“Your mindset determines how you perceive and connect to the world around you.”
– Dr. Joe Dispenza

“Whether you think you can or you think you can’t, you’re right.”
– Henry Ford

“A negative mind will never give you a positive life.”
– Zig Ziglar

Chapter 6: Building Self-Confidence for Career & Life Changes

Confidence is not something you are born with—it's something you build through action. Many people hesitate to make life or career changes because they fear they are not "ready" or "good enough." However, confidence grows when you take steps outside your comfort zone, proving to yourself that you are capable. Every time you try something new, even if it's small, you strengthen your belief in yourself.

To boost confidence, start by celebrating small wins. Each step forward, no matter how minor, is proof of your capability. Speak to yourself with kindness and encouragement, just as you would a close friend. Remember, confidence isn't the absence of fear—it's moving forward despite it. The more you practice self-affirmation and take action, the more you'll feel empowered to create the life you desire.



List five accomplishments (big or small) that you are proud of. Reflect on how they demonstrate your capability.

Here a few examples:

- Showing Up on a Hard Day - Even when motivation is low, choosing to show up takes courage.
- Making a Difficult Decision - Choosing what's right over what's easy reflects strong character.
- Learning Something New - Whether it's a new skill, recipe, or tech tool — growth is progress.
- Setting Boundaries - Saying “no” when necessary is a huge step toward self-respect.
- Helping Someone Without Expecting Anything Back - Kindness and service build inner confidence and meaning.
- Finishing a Book or Course - Completing something you started — even small — builds trust in yourself.
- Asking for Help When You Need It - It takes strength and self-awareness to reach out.
- Overcoming a Fear or Limiting Belief - Facing what once held you back is worth celebrating.
- Taking Care of Your Health (Body or Mind) - A healthy meal, a walk, or a therapy session all count as wins.
- Admitting a Mistake and Choosing to Grow From It - Self-accountability is powerful and rare — it's a mark of maturity.

Chapter 7: Clarifying Your Vision for the Future



ionless. Clarity gives you a roadmap, helping you make
people struggle with clarity because they focus too much on
g, What is realistic? ask yourself, What would I truly love?



To clarify your vision, write down what your ideal life and career look like in vivid detail. Imagine your daily routine, the people you interact with, and how you feel. The more specific you are, the more real your vision becomes. A clear vision acts as a magnet, drawing opportunities and experiences that align with your goals.

Write a letter to yourself describing your ideal life five years from now, as if you are already living it.



“The only thing worse than being blind is having sight but no vision.”
– Helen Keller

Chapter 8: The Science of Taking Small Steps



Big changes often feel overwhelming, but success is built on small, consistent steps. The human brain resists drastic changes because they feel unsafe, but when you take gradual steps, change becomes more manageable.

Each small action builds momentum, making the next step easier.

Start by breaking your goal into micro-actions. If you want to switch careers, your first step could be updating your resume or researching job opportunities. Each small victory boosts confidence and motivation, leading to long-term success.

Progress is progress, no matter how small—what matters is that you keep moving forward.

Practical Exercises: The Science of Taking Small Steps

The 2-Minute Starter Rule

Pick one habit you’ve been avoiding. Commit to just 2 minutes a day — enough to lower resistance and start the habit loop (e.g., 2 minutes of stretching, journaling, or cleaning).

Micro-Wins Journal

Each evening, write down three small things you accomplished, no matter how minor. This builds positive reinforcement and trains your brain to recognize progress.

Habit Stacking Map

Using James Clear’s concept, identify an existing daily habit (like brushing your teeth), and attach a small new habit to it (e.g., “After I brush my teeth, I will say one affirmation”).

1% Better Each Day Challenge

Choose an area of life to improve by just 1% daily (e.g., finances, fitness, productivity). Track your tiny improvements for 7 days.

One-Minute Mindset Reset

Take 60 seconds each morning to state your tiny intention for the day out loud. This boosts focus and primes your mindset for action.

Reverse Engineer a Success Story

Choose someone you admire and list 3–5 small steps they likely took before achieving success. Use this list to inspire your own baby steps.

Chapter 9: Mastering Time Management in Times of Transition

Making a major life or career change requires intentional time management. Without a clear schedule, distractions and procrastination can take over, delaying progress. The key is to prioritize tasks that move you toward your goal while eliminating unnecessary distractions.

A great technique is time-blocking—setting specific time slots for tasks related to your transition. Whether it’s job searching, skill-building, or networking, scheduling these activities increases consistency. When you treat your goals as non-negotiable, you create the structure needed to make meaningful progress.

Steps To Master Time Management

Transition Time Log

Track your time in 30-minute blocks for 3 days. Highlight “transition gaps” (uncertain or unproductive time) to identify where clarity is most needed.

Schedule Your Self-Care First

Pick 3 non-negotiable self-care practices (walk, prayer, journaling). Block them on your calendar before scheduling anything else.

Energy Audit & Realignment

Rate your energy (1–10) at different times of day for 3 days. Then align your most important tasks with your highest-energy windows.

Decision-Free Mornings

Prepare outfits, meals, and to-dos the night before to start your day without decision drain. Transitions require extra mental bandwidth.

The 10-Minute Transition Task

Choose one small task each day that moves you closer to your new reality — applying for a job, updating your résumé, reaching out to a mentor.



Chapter 10: Overcoming Impostor Syndrome



Impostor syndrome is the nagging feeling that you are not as competent or skilled as others perceive you to be. It often creeps in when you step into a new role, career, or opportunity, making you doubt your abilities. You may attribute success to luck rather than your skills, or fear being "exposed" as a fraud. These thoughts are common, even among high achievers, but they can hold you back from stepping fully into your potential.

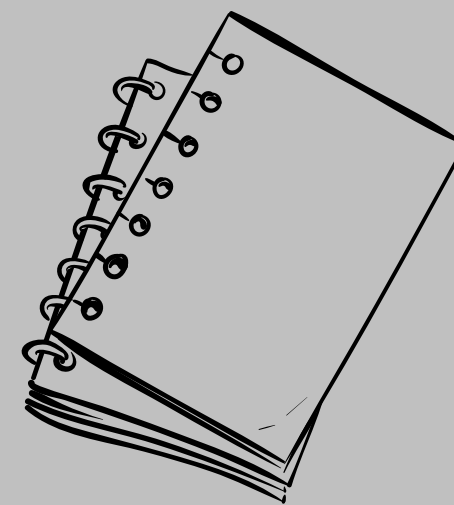
To combat impostor syndrome, start by recognizing your accomplishments and strengths. Keep a success journal where you document moments of achievement, positive feedback, and skills you have developed. Challenge negative self-talk by replacing thoughts like I don't belong here with I am learning, growing, and bringing value. Over time, you'll shift from self-doubt to self-assurance, allowing you to embrace new opportunities with confidence.

Another powerful strategy is to normalize the feeling by talking about it. Open up to trusted peers, mentors, or coaches who can help you see yourself through a more balanced lens. Many professionals feel impostor syndrome at some point, especially during growth or change. Knowing you're not alone helps dissolve shame and opens the door for honest reflection and encouragement.

Finally, give yourself permission to be a work in progress. Expertise isn't a requirement for starting; growth comes through action. Focus on progress over perfection and celebrate effort just as much as outcomes. By showing up consistently and allowing room for learning, you'll begin to build authentic confidence that outlasts the fear of being "found out."

Success Journal

Each evening, write down 3 things you did well that day — big or small. This reinforces your competence and builds evidence against self-doubt.



Chapter 11: Building a Resilient Mindset During Transitions



Resilience is the ability to bounce back from setbacks and keep moving forward, even when challenges arise. Transitioning to a new career or life phase can bring uncertainty, rejection, or unexpected difficulties.

The key to resilience is how you respond to these obstacles. Instead of viewing challenges as failures, see them as stepping stones to growth. Every setback carries a lesson that can make you stronger and more adaptable.

Developing a resilient mindset starts with self-compassion. Treat yourself with kindness when things don't go as planned. Remind yourself that setbacks are temporary and do not define your worth. Surround yourself with a supportive community and focus on what you can control.

By shifting your perspective, you'll not only navigate change with more ease but also develop a deep inner strength that will serve you in every aspect of life.

The 3-Minute Reset

When stress hits, pause and practice this:

- 1 minute of deep breathing
- 1 minute of gratitude listing
- 1 minute of positive self-talk

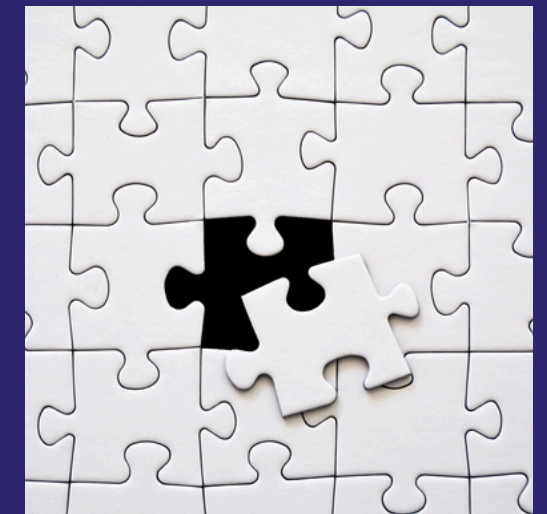
This quick ritual builds emotional recovery muscles.

Resilience Role Models

List 3 people you admire for their strength during tough times.

What mindsets or actions did they embody?

Reflect on how you can apply their strategies to your current transition



"Resilience isn't about avoiding the storm—it's about learning how to dance in the rain, rebuild in the wreckage, and rise stronger than before. In times of transition, it's easy to doubt your direction, but true strength is born not in certainty, but in movement. Every challenge, detour, and delay is a chance to deepen your roots and expand your reach. Trust the process, lean into growth, and remember that you were made for both change and triumph." - Rev. C.K. Huck

Chapter 12: How to Network with Confidence and Authenticity

Networking isn't about collecting business cards or making small talk—it's about building genuine relationships. Many people feel uncomfortable networking because they see it as transactional, but true networking is rooted in authenticity.

When you approach conversations with curiosity and a genuine interest in others, you create meaningful connections that can open doors for new opportunities.

To network with confidence, start by shifting your mindset. Instead of focusing on what you can gain, focus on how you can provide value. Listen actively, ask insightful questions, and follow up with a personal touch.

Whether at an event, online, or through mutual connections, every conversation is an opportunity to build relationships that can support your career and life transition.

"MUST TRY"

Reach out to three people in your industry or field of interest and schedule a coffee chat or virtual meeting.



Don't underestimate the power of shared stories. One of the most effective ways to build rapport is by being willing to share your journey—including the ups, downs, and lessons learned along the way.

Vulnerability invites connection, and when others see your authenticity, they are more likely to open up in return. These moments of honest exchange lay the groundwork for trust, which is the foundation of every strong professional relationship.

Consistency also matters. Building a network isn't a one-time task—it's an ongoing investment. Make time to stay in touch, offer encouragement, or share relevant resources with the people you meet. A thoughtful follow-up or a quick message checking in can keep relationships warm and genuine over time.

When you nurture your network with care and integrity, it becomes a living ecosystem of mutual support that grows alongside your own personal and professional journey.

***"Networking is not about just connecting people.
It's about connecting people with people, people with ideas, and people with opportunities."
— Michele Jennae***

Chapter 13: Financial Planning for Career Changes



A career transition often comes with financial uncertainty, making it crucial to plan ahead. Before making a major change, assess your current financial situation, including savings, expenses, and potential income streams. A well-thought-out financial plan reduces stress and allows you to focus on building your new path with confidence. Start by creating a budget that accounts for potential income fluctuations.

Identify areas where you can cut unnecessary expenses and explore additional sources of income if needed. If you're transitioning to a new field, research salary expectations and consider freelancing or part-time work to bridge the gap. Financial preparedness gives you the freedom to pursue your dreams without fear of financial instability.

It's also wise to build an emergency fund that covers at least 3–6 months of living expenses. This financial cushion provides peace of mind while you navigate the uncertainties of change and gives you space to make thoughtful decisions rather than desperate ones. Even small, consistent contributions to this fund can add up and become a powerful safety net during your transition.

Additionally, consider speaking with a financial advisor who can help you develop a personalized strategy aligned with your career goals. Professional advice can uncover options you might not have considered, such as career-specific grants, training stipends, or investment shifts. Taking charge of your finances isn't just about stability—it's an act of self-empowerment that supports both your present needs and your long-term vision.

What To Do Now

Create a six-month financial plan that includes savings goals, expenses, and backup income sources.

Chapter 14: Overcoming Self-Doubt and Embracing Change

Self-doubt is one of the biggest obstacles to change. When stepping into a new chapter, it's natural to question whether you're making the right choice or if you're truly capable. However, allowing self-doubt to dictate your actions will only keep you stuck. The key is to recognize doubt as a normal part of growth rather than a reason to stop.

To overcome self-doubt, take action despite your fears. Confidence is built through experience, not waiting until you feel "ready." Challenge self-limiting thoughts and replace them with affirmations of possibility. Surround yourself with people who uplift and encourage you. The more you trust yourself, the easier it becomes to embrace change with

Excercise - Remove Self-Doubt and Embrace Change

Step 1: Identify the Doubt

Write down the specific thoughts or beliefs that are causing you to doubt yourself. Be honest and detailed. For example, "I'm not qualified enough for this new role," or "What if I fail?"

📝 **Journal Prompt:** What's the root of this self-doubt? When do these thoughts tend to show up?

Step 2: Challenge the Thought

For each doubt, ask yourself:

- Is this 100% true?
- What evidence do I have that supports or contradicts it?
- What would I say to a friend who had this same thought?
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🧠 **Reframe Example:** "I don't have enough experience" → "I have transferable skills and a strong willingness to learn."

Step 3: Recall a Time You Overcame Fear

Think of a moment when you were scared or unsure—but moved forward anyway. Write down what happened, how you felt, and what you learned from it.

💡 **Reflection:** This reminds you that growth comes through action—even when it feels uncomfortable.

Step 4: Create a Personal Affirmation

Using what you've written, craft a personalized affirmation that counters your doubt.

Example: "I am capable of learning, growing, and thriving in new situations."

Repeat it daily—out loud or silently—especially when doubt creeps in.

Step 5: Take One Small Action

Choose one small, manageable action that aligns with the change you're embracing. It could be sending an email, applying for a new opportunity, or researching a next step. Taking action builds confidence and momentum.

Progress over perfection is the goal.



Chapter 15: Finding Work-Life Balance in a New Career



Transitioning into a new career often comes with added responsibilities and stress. It's easy to become consumed by work and neglect personal well-being. However, long-term success is only sustainable when balanced with rest and fulfillment in other areas of life.

Creating a work-life balance requires setting boundaries. Prioritize self-care, hobbies, and relationships alongside professional growth. Set designated work hours and unplug when needed. Balance is not about doing everything perfectly—it's about making intentional choices that nurture all aspects of your well-being.

Remember, transitions are not just about what you're doing professionally—they're also about who you're becoming personally. Use this time to reflect on what truly matters to you. What does a fulfilling life look like beyond your job title? Reconnecting with your values can help you make career choices that support your whole self, not just your résumé.

Additionally, don't be afraid to ask for help or delegate when necessary. Whether it's leaning on family, hiring support, or seeking mentorship, building a support system can ease the weight of change. A healthy work-life balance isn't achieved alone—it's built with intention, community, and compassion for yourself as you grow into the next version of your life.

Set Work Boundaries Exercise

Write down three specific boundaries to protect your time and well-being (e.g., "No emails after 7 p.m." or "15-minute morning reset before work begins"). Stick to them for one week and reflect on the impact.

Build a Self-Care Menu

Create a list of 10 quick self-care activities (e.g., short walks, power naps, meditation, music, stretching). Post it somewhere visible and commit to using at least one each day during work transitions.

Hobby Reconnection Exercise

List three hobbies or non-work passions you've put aside. Choose one to reintroduce this week in a small, manageable way—like reading for 15 minutes or sketching after work.

Chapter 16: Navigating Uncertainty with Faith and Trust

Uncertainty is an inevitable part of life, especially when making major transitions.

Whether you're changing careers, moving to a new place, or stepping into an unfamiliar role, the unknown can feel overwhelming. Fear of failure, financial instability, or the judgment of others may hold you back. However, uncertainty is not meant to paralyze you—it is an invitation to lean into faith and trust that you are being guided toward something greater.

Navigating uncertainty requires a shift in perspective.

Instead of fearing the unknown, view it as a space where new opportunities can emerge. Trust that even when you don't have all the answers, you have the ability to figure things out as you go.

Cultivating faith—whether in yourself, in God, or in the divine timing of life—will allow you to move forward with confidence. Embrace the unknown as part of your journey, knowing that growth happens outside of your comfort zone.



“Faith is taking the first step even when you don’t see the whole staircase.”

— Martin Luther King Jr.

“Sometimes God doesn’t change your situation because He’s trying to change your heart.”

— Anonymous

Faith-Focused Vision Board

Create a vision board (digital or physical) that reflects your hopes, prayers, and faith-based intentions for your life—even if outcomes are unclear. Include images, verses, and words that inspire peace and trust.

Chapter 17: Harnessing the Power of Visualization and Affirmations



Visualization is one of the most powerful tools for achieving success.

When you vividly imagine your ideal future, your brain begins to treat it as a reality, making it easier to take the necessary actions to bring it to life. Studies have shown that athletes, performers, and successful professionals use visualization techniques to enhance their performance and achieve their goals.

The same principle applies to life and career transitions—if you can see it in your mind, you can create it and bring it into reality.

Affirmations reinforce the power of visualization. When you repeatedly speak positive statements about yourself and your goals, you rewire your subconscious mind to align with that vision. Instead of saying, I'll never be successful in my new career, replace it with I am learning, growing, and attracting amazing opportunities every day.

Consistency is key—by visualizing your future and speaking it into existence, you build the confidence and motivation needed to take action toward your dreams.

Practical Exercise

Spend five minutes each morning visualizing your ideal future in detail. Then, write down three affirmations that support this vision and repeat them throughout the day.

Chapter 18: Celebrating Progress and Staying Motivated



“It does not matter how slowly you go as long as you do not stop.”

— Confucius

“Celebrate every win, no matter how small. Each one gets you closer to your goal.”

— Unknown

“”Every accomplishment starts with the decision to try.””

— Gail Devers

“”A little progress each day adds up to big results.””

— Satya Nani

One of the biggest mistakes people make during transitions is focusing only on the final goal, neglecting to celebrate the small steps along the way.

When you only measure success by the end result, you may feel discouraged or overwhelmed by how far you have to go. However, recognizing and celebrating progress—no matter how small—fuels motivation and reinforces positive momentum.

Staying motivated requires acknowledging your wins, tracking your achievements, and giving yourself credit for every step forward. Keep a “success log” where you record accomplishments, breakthroughs, and moments of courage.

Surround yourself with positive influences who celebrate your journey with you.

Remember, success isn’t just about reaching the destination—it’s about enjoying the process and recognizing the growth you experience along the way.

Chapter 19: Creating a Life You Love – The Final Steps

The journey of transformation doesn't end when you reach a goal, it continues as you evolve into the person you are meant to be. Creating a life you love requires ongoing self-reflection, adaptability, and a commitment to growth.

Your dreams and goals may shift over time, and that's okay. The key is to remain open to new opportunities and continue aligning your actions with your highest vision.

As you step into this new chapter, remind yourself that you are in control of your destiny. The choices you make today will shape your tomorrow. Surround yourself with people who uplift and inspire you and continue investing in your personal and professional development.

Most importantly, trust yourself. You have everything within you to create the life you desire. Your future is waiting — step into it with confidence, purpose, and joy.

Progress isn't always linear—some seasons will stretch you while others will strengthen you. In moments of doubt, look back at how far you've come and celebrate the growth you've already achieved. Each step forward, no matter how small, is a testament to your courage and commitment.

Remember, growth often comes disguised as challenge, and every experience is shaping you into a more powerful, more purposeful version of yourself.

Make space for grace on your journey. You don't need to have it all figured out to move forward. Allow yourself to be a work in progress while embracing the fullness of who you are becoming.

Keep showing up, keep dreaming, and most of all, keep believing that the life you love is not only possible—it's unfolding right now.

Write a Letter To Yourself



Write a letter to your future self, describing the life you want to create and the steps you are taking now to make it happen. Read it whenever you need a reminder of your vision.

Chapter 20: Moving Forward with Confidence



Your journey of transformation doesn't end here, it's just the beginning!

Change is a continuous process of growth, learning, and self-discovery. The key to long-term success is staying committed to your vision and taking inspired action every day. Challenges will arise, but with the right mindset, resilience, and support, you can navigate them with confidence.

As you move forward, remember that every step, no matter how small, brings you closer to the life you desire. Trust yourself, embrace the journey, and celebrate how far you've come.

You have the power to design a life and career that truly fulfills you — keep believing, keep taking action, and watch your dreams become reality.

There will be days when progress feels invisible and motivation runs low, but those are the moments that shape your strength and character. Let those times remind you of your “why” — the deeper purpose driving your transformation.

Revisit your vision often, adjust your path when needed, and give yourself permission to evolve. Growth isn't about perfection; it's about persistence and the willingness to keep moving forward with faith.

Surround yourself with people who reflect the values and future you're building. Seek out mentors, communities, and experiences that inspire and uplift you. Your environment plays a powerful role in your transformation, so choose it intentionally. Continue to nurture your inner world through reflection, gratitude, and self-compassion.

You are not just changing your life—you are becoming the person you were always meant to

About The Author - Meet Daisy Genaldo



As a Life Mastery Consultant, certified by Brave Thinking Institute, Daisy Genaldo can help you design and manifest a life that's in harmony with your Soul's purpose.

Daisy inspires and empowers people to live their highest vision in the context of love and joy. Daisy's passion is teaching clients to unlock their true potential, achieve outrageous success, and live a life they LOVE living!

Biography:

Daisy is a Certified Life Coach with over 30 years of experience in mentoring and coaching professionals as a leader in the Aerospace and Hospitality industries. She is an expert in the field of International Negotiations. She holds a Bachelors degree in Commerce and Business Psychology and a Masters in Business Administration.

With her love, respect, and understanding of various cultures, plus her years of experience, Daisy has had the privilege of helping individuals overcome their life challenges, set and achieve meaningful goals and live inspired lives. These years of mentoring and coaching in the corporate world adds significant value to her current role as Life Mastery Consultant, with a mission to empower individuals to grow abundantly into the best versions of themselves in all four domains of life: health, love and relationships, career, and time/money management. Daisy coaches her clients in bridging the gap between their life as it is and their envisioned dream life that shall be.

Daisy offers vision workshops and one-on-one strategy sessions to help guide individuals in deciding what steps they need to take to move towards the direction of their dream. Using the proven Life Mastery technology, she takes her clients on a journey in which they design, define, test and experience a clear vision of the life they love – a life in alignment with their highest purpose. Daisy is happy and grateful that she is able to transform people's lives into the enriched life they absolutely love to live.