inspire confidence ltd

Paula Beattie

Change & Confidence Specialist

*Watch my 5 min excerpt for my keynote to Amnesty International and ActionAid UK **here***

*Visit my website **here***



inspire confidence ltd

Does any of this sound familiar?

- You're implementing change while still expected to deliver results
- Managers are struggling to keep people engaged and focused
- Capable employees are becoming hesitant to speak up or decide
- Trust, confidence or ownership is slipping during uncertainty
- Leadership training isn't translating into consistent behaviours
- You need practical support tailored to your team's challenges



Sarah Scales

ASSOCIATE DIRECTOR OF TRANSFORMATION

"Confidence training led by Paula Beattie – I think it's fair to say it was absolutely brilliant and definitely helped me to think about how I am approaching things and what I'm telling myself... highlights for me were realising I have a thinking problem rather than a confidence problem."

★★★★★

inspire confidence ltd

Imagine instead, teams that:

- Remain engaged and focused on what matters most
- Feel confident to speak up, question assumptions and share ideas
- Make decisions without waiting for perfect certainty
- Take ownership rather than withdrawing
- Trust leaders to have honest conversations and set clear expectations
- Collaborate across functions to solve emerging problems
- Give and receive feedback that strengthens confidence and accountability
- Keep customers, quality and delivery at the centre

inspire confidence ltd

Change is happening. Performance can't wait.

Change doesn't stop the day job. But uncertainty can leave capable teams less engaged, hesitant to make decisions and struggling to perform.

I coach leaders to sustain and rebuild team engagement, confidence and performance through disruptive change.

I also coach individuals to increase their confidence, contribution and communication skills.

Combining 25 years of organisational change and improvement experience with specialist expertise in confidence and leadership, I deliver practical workshops, coaching and training that help teams adapt, stay engaged and keep delivering results.

Helping leaders sustain engagement, confidence and performance through disruptive change.

What challenges are you facing?

WHAT YOU'RE EXPERIENCING	HOW I CAN HELP
Change is affecting engagement and performance. Managers are struggling to maintain momentum and trust.	**Leading Through Disruptive Change** Masterclasses and coaching to help managers sustain engagement, confidence and performance during uncertainty.
Managers aren't bringing out the best in their people. Feedback, ownership or trust may need strengthening.	**Lead to Inspire** Leadership development and coaching programme to help others speak up and step up.
Capable people are holding back. Valuable ideas go unheard and employees hesitate to speak up.	**Quiet Power®** Confidence coaching for individuals or groups to help people unlock their strengths, influence decisions and communicate with confidence.
A leader is facing greater responsibility or uncertainty. Their confidence isn't keeping pace with the demands of the role.	**Confidence Coaching** Personalised 121 support to lead with greater confidence, clarity and effectiveness.
You want to inspire and engage a wider audience. You need a practical message that resonates.	**Speaker event** Inspiring 60 min talk on building unbreakable confidence. See Microsoft review, opposite!



Emilie Guardon

AI BUSINESS PROCESS SPECIALIST | PASSIONATE ABOUT HELPING PEOPLE AND BUSINESSES GROW THROUGH AI | DRIVING MEANINGFUL TRANSFORMATION IN PROFESSIONAL SERVICES

"✨ Kicking off 2026 with confidence ✨ Yesterday's HOLA UK workshop was exactly what I needed — inspiring, honest and full of practical tips to quiet the inner noise and embrace our "wonky circles." A huge thank you to Paula Beattie for such a powerful and vulnerable session, and to the whole HOLA ERG community for creating a space where we can learn, reflect and support each other. I left feeling lighter, braver and genuinely energised for the year ahead. Grateful for this community and everything it brings. 💛 Paula Beattie- thank you!"

★★★★★

Programmes and workshops

I often start with a diagnostic and work with you to ensure the right intervention will deliver meaningful, measurable improvements.

Either through the existing Quiet Power and Lead to Inspire programmes, or by developing tailored workshops, I help leaders and teams develop the skills and behaviours to perform at their best, even through disruptive change.

I can deliver online or in person, depending upon your location.



Nicholas Bancroft

DIRECTOR OF OPERATIONS AND PRODUCTS AT EECO2 LTD

"Paula's workshops with our management team and staff helped me make sense of the causes of poor psychological safety and how they can develop within a team. **It prompted me to think about how I conduct myself as a manager and the influence this has on others.** The role play element was particularly useful, giving us a chance to explore real situations and test different ways of giving and receiving feedback. Paula created a safe, open environment that encouraged honest discussion and reflection. A focused and thought-provoking session that's helped me approach communication and feedback within the team with greater awareness and intent."

★★★★★

Speaker Event for HSBC

inspire confidence ltd



500 global attendees online and in person.
4.9/5 rating - The highest ever for this kind of event at HSBC.

"Thank you, Paula Beattie for an inspirational session on Building Unbreakable Confidence. We've had great feedback."

Anna Costa-Correa, Head of People & Culture,
Chief Technology Office, HSBC.

#UnleashYourPower event at HSBC/Microsoft at Canary Wharf, London

"A great programme, really brought to life through Paula Beattie's excellent storytelling. Thought provoking and inspiring."

""Really inspired from our ***Unleash Your Power: Build Unbreakable Confidence*** event with our fantastic speaker and coach Paula Beattie."

"Great to bring together our HSBC and Microsoft audiences at our HQ for this HSBC CTO sponsored event and we had a record number of global delegates on zoom."



Twinkle Singh

SENIOR PROGRAM MANAGER, MICROSOFT

""A transformative experience diving into the realms of thoughtful leadership, mindset and the power of self-belief...I left the event feeling inspired and empowered to take charge of my own journey. Let's harness our inner strength, embrace change, and lead with empathy and purpose." Twinkle Singh, Senior Program Manager, Microsoft Program Manager"

★★★★★

CONFIDENTIAL © Inspire Confidence Ltd 2026. All rights reserved.

Coaching for leaders under pressure

inspire confidence ltd

I help senior and emerging leaders build the confidence, clarity and skills to step into greater responsibility and lead effectively through uncertainty.

As an ICF-trained coach, I offer tailored programmes focused on practical, measurable development goals agreed with the organisational sponsor.

All coaching conversations remain confidential, with progress updates agreed in advance.

The impact: After just two months of coaching, Antonia Ryan (opposite) was ready to progress into a senior leadership role.

More testimonials available on my website.



Antonia Ryan

"Before working with Paula, my main challenge was translating significant leadership experience into clear, high-impact interview performance. I had the experience, but I was underplaying achievements, over-explaining details, and not always presenting myself with the confidence and strategic presence expected at senior level. Through Paula's coaching, I became much stronger at structuring answers, communicating outcomes, and positioning myself as a leader rather than just a doer. She helped me sharpen my executive presence, speak with greater clarity under pressure, and approach work with far more confidence and control."

★★★★★

Confidence and improvement in action: Royal Surrey

inspire confidence ltd

Day Surgery at Royal Surrey County Hospital was underused while ophthalmology backlogs were growing in main theatres. Nurses were being redeployed despite an opportunity to improve patient flow.

Working with consultants and healthcare assistants, the nursing team helped redesign the pathway: moving eye surgery to Day Surgery, dedicating a theatre and creating a faster flow for cataract operations.

Alongside this redesign, I delivered confidence training and continuous improvement workshops to support staff in shaping and implementing new ways of working. The pathway launched in just nine weeks.

Eye surgery volumes doubled within two weeks and backlogs were halved within three months. The team also experienced a marked lift in confidence and morale.



Experience and credentials

inspire confidence ltd

- 25 years in organisational change, Lean improvement and training, including seven years with frontline hospital teams and eight years in engineering, aerospace and Formula 1
- Former Head of Continuous Improvement at a Fortune 500 company and Head of Business Improvement at Britax Aerospace
- Certified Change Manager and Agile Scrum Master
- BEng (Hons) Aeronautical Engineering; Fellow of Cranfield University School of Manufacturing Management
- ICF-accredited Professional Diploma in Coaching and Mentoring (Distinction, Kingstown College)
- Founder and co-host of the Build Unbreakable Confidence Global Summit for International Women's Day
- Founder of Think Yourself Confident, a global community with 4,000+ members across 83 countries
- Author of Lean & Agile Made Simple, published on Amazon



Michael

"The biggest shift for me has been seeing how valuable it is for our management team to talk openly. Paula helped us explore the idea of psychological safety, and it's made a real difference in how we work together and how we show up for our teams. One of the highlights for me was the role playing. It was fun, surprisingly engaging, and a brilliant way to learn. It helped me see things from different angles and made the whole experience stick."

★★★★★

Ready to Transform Your Culture?

inspire confidence ltd

My ideal client has:

- An organisation of 200+ that cares about how their leaders lead
- A desire for more fresh thinking and innovation
- A belief in giving teams the agency to lead improvements
- A need to develop emerging talent
- An aspiration for their culture to be even more inspiring and energised, even through difficult change
- An ambition for greater diversity of thought.

If you would like to see how I can help, please email me at paula@inspire-confidence.org or DM me via my LinkedIn profile.

Paula Beattie



RICHARD WALKER OBE FInstRE

CHIEF EXECUTIVE THE NOT FORGOTTEN | MILITARY VETERAN | THE QUEEN'S GURKHA ENGINEERS ASSOCIATION | AIRBORNE COMMANDO ASSOCIATION ROYAL ENGINEERS | SOMERSET RAISED, SURREY BASED AND A TRAVELLER OF THE WORLD

"Insightful and totally aligned. Thank you Paula Beattie for bringing an incredible and inspirational fresh perspective into The Not Forgotten"

★★★★★

Confidential © Inspire Confidence ltd 2026. All rights reserved