



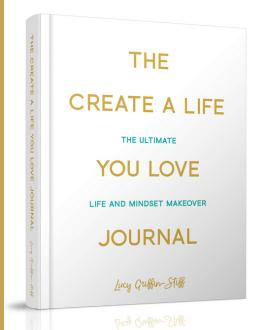
CONTACT

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NEW BOOK

The Create a Life you Love Journal™
The Ultimate Life and Mindset Makeover

July 27th 2021



QUALIFICATIONS

Certified Mindset Coach
 NLP Coach Practitioner
 Timeline Therapy Practitioner
 Hypnotherapy Practitioner

SOCIAL

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Lucy Griffin-Stiff

LIFE CHANGE & MINDSET COACH

Lucy helps women 40+ let go of their mental baggage and smash their self-imposed glass ceiling so they can live the greatest second half of their lives.

Her mission is to help people realise that the unhelpful conditioning of the past isn't how the future needs to be **because change needs to come**. Lucy encourages women to choose courage over conditioning. We all need to be in a better state of mind to make our world and *THE* world a better place. Her book outlines how this is possible if you "do the work".

Lucy shows you can live a happier, more joyful life using the power of your thoughts. And that you can set yourself free from fear-based, old paradigm thinking. Resulting in more people living fulfilled lives from the inside, out; better mental health; and the spread of more love and kindness. By passing on Lucy's message of *Enoughness* to our loved ones, we'll spread a ripple effect across the globe of a new way of thinking. Changing minds - and impacting lives.

TRAINING TOPICS

- **Confidence:** From self-doubt to self-belief
- **Self Discovery:** If this isn't what I want, what is?
- **Habit & Behaviours:** How to break bad habits and create new ones
- **Life Design:** How to create a life you love
- **Mindset Shift:** Let go of the past and reclaim your future
- **Self worth:** Find your *Enoughness*

AREAS OF EXPERTISE

- Mindset & Neuro Linguistic Programming
- Life coaching
- How to avoid a mid-life crisis
- Finding your why/purpose
- The "I am not enough" epidemic
- Neuroscience topics
- How to let go of old baggage
- How to find your true self
- Self-worth and confidence
- How to avoid burnout

AVAILABLE TO COMMENT ON

- Mindset (especially at mid-life 35-55)
- Life changes - and how to manage change, avoid mid-life crisis / burnout
- Life post coronavirus
- Self-sabotage (and the self-imposed glass ceiling)
- Mental health & well-being (how our conditioning impacts our mental health and what to do about it)

PRAISE

I have often felt that I get in my own way and that there is something deep inside me that is blocking me from taking the steps I need to in order to succeed. Working through my blocks and clearing out past hurts with Lucy's guidance has allowed me to let go of insecurities and deep seated pain. I instantly felt calmer and more at peace with myself... I trust Lucy completely and know how deeply she cares about her clients - Dara