



CONTACT

✉ Lucy@leadingconversations.co.uk

☎ Tel 07967 324161

🌐 www.lucygriffinstiff.com

NEW BOOK

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

August 2021



QUALIFICATIONS

NLP Coach Practitioner
Timeline Therapy Practitioner
Hypnotherapy Practitioner
Certified Mindset Coach

SOCIAL

f [@Life Design HQ_](https://www.facebook.com/LifeDesignHQ)

🐦 [@lucygriffinstiff](https://twitter.com/lucygriffinstiff)

in [@LucyGriffinStiff](https://www.linkedin.com/company/lucygriffinstiff)

📷 [Lucygriffinstiff](https://www.instagram.com/Lucygriffinstiff)

Lucy Griffin-Stiff

LIFE & MINDSET COACH

Lucy shows you can live a happier, more joyful life using the power of your thoughts.

Having ticked off all the traditional boxes on the "success list" but still reaching a mid-life crossroads Lucy did the mindset work to find her happiness and retrained from her corporate career.

Lucy is on a mission to help women choose courage over conditioning to create a life they love. Lucy helps people move from feeling not enough to Enough. She hopes to create a ripple effect across the world as people change their minds and their lives.

Set yourself free from fear-based, old paradigm thinking so you can live a fulfilled life from the inside, out; with better mental health; and the spread of more love and kindness.

Her book outlines how all this is possible if you "do the work".

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

AVAILABLE TO COMMENT ON

- Mindset (especially at mid-life 35-55)
- How to avoid mid-life crisis / burnout and manage change
- Life post coronavirus - finding your future
- 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)

As seen in...
We Are The City

HUFFPOST

GRANTHAM
JOURNAL SINCE 1854

BBC
RADIO
Leicester

Rutland & Stamford Mercury SINCE 1712

Brainz.



Make It Real

