

## Tracey Wall

**Empowering Mums**  
**Empowering Mumpreneurs**  
**Personal coach : Advanced confidence coach**

***“My mission is to support, encourage and inspire mums who juggle so many roles – running households, caring for others, building careers, running a business.  
I want mums to achieve life-long ambitions and goals in all aspects of their lives and become confident, successful, fulfilled and happy women.”***

Founder and director of two highly successful businesses, Tracey Wall is a professional and accredited personal development coach. She uses her experiences as a mum and business owner to understand and empathise with the challenges of motherhood. Using her expertise, she coaches mums in a warm and intuitive manner, to help them transform and positively enhance their lives by identifying and realising their true aspirations.

Since 2008 Tracey has supported hundreds of mums to overcome many challenges including low self esteem, lack of self belief, guilt, anxieties, stress, relationship and time management issues. She has helped them achieve great confidence, solid belief, a work life balance that works for them, fulfilment and ultimately happiness.

### Specialist subjects:

- Mum related issues
- Mums starting up/in business
- Personal-development
- Time management & prioritisation
- Return to work
- Work / life balance
- Self care & wellbeing
- Anxiety and stress
- Decluttering & organisation
- Confidence & self esteem

### Available for

Passionate about helping expectant, new and experienced mums become the women they strive to be, in their lives, careers and businesses, Tracey welcomes opportunities to speak or write about her experiences and specialist subjects, in the form of:

- Interviews
- Contributions to articles
- Commenting on topical issues
- Writing articles
- Speaking at events

### For more information you can

- Contact Tracey (see below)
- Consult her website: [www.empoweringmums.co.uk](http://www.empoweringmums.co.uk)
- Read her blogs: [www.empoweringmums.co.uk/blog/](http://www.empoweringmums.co.uk/blog/)  
[www.empoweringmums.co.uk/mumpreneurs-blog/](http://www.empoweringmums.co.uk/mumpreneurs-blog/)
- See her Facebook page: [www.facebook.com/TraceyWall.UK](http://www.facebook.com/TraceyWall.UK)
- Follow her Twitter page: [www.twitter.com/TraceyWall\\_UK](http://www.twitter.com/TraceyWall_UK)

## Contact

You can contact Tracey in the following ways:

- Email: [tracey.wall@empoweringmums.co.uk](mailto:tracey.wall@empoweringmums.co.uk)
- Telephone: 01606 334 015 Mobile: 07523 496 353
- Twitter: [www.twitter.com/TraceyWall\\_UK](http://www.twitter.com/TraceyWall_UK)
- Via Facebook: [www.facebook.com/TraceyWall.UK](http://www.facebook.com/TraceyWall.UK)

## Background

Having graduated with Distinction in Personal Performance Coaching from the UK's leading coach training organisation, The Coaching Academy, Tracey continued with her professional development, and successfully achieved accreditation as an Advanced Confidence Coach with Dawn Breslin, one of the UK's foremost self-development coaches.

With experience spanning over ten years of implementing coaching principles and practices to the corporate world, Tracey has led high performance teams of multimillion pound businesses in both business and sales management roles.

After burning herself out and becoming seriously ill, Tracey acknowledged she needed a career change. Her family and friends fully supported her through this difficult time in which she lost her sense of self and direction. During her recovery, she realised there were many other mums suffering in the same way - trying to balance careers, children, and relationships, and running a household to become what the 21st century terms a 'supermum'.

**Empowering Mums** was born out of Tracey's positive and negative experiences, combined with her skills acquired during her time working in the corporate world. She uses her experiences as a mum to understand and empathise with the challenges of motherhood. Using her expertise, she coaches mums in a warm and intuitive manner, to help them transform and positively enhance their lives by identifying and realising their true aspirations.

**Empowering Mumpreneurs** was launched when Tracey realised how running a business allowed her to live the life she wanted to live with enough time to find fulfilment and have quality time with her daughter. Using her coaching skills and her experience of the very unique challenges of running a home, a family and a business, she has helped many women achieve their goals.

Tracey lives her personal life according to her true values and uses many of her coaching techniques to do so. It is this fulfilment that sparks Tracey's great passion for helping others achieve the same contentment in life.

Aside from her work and day-to-day family duties, Tracey spends as much quality time as possible having fun with her daughter Megan.

## Quotation underpinning the ethos of Tracey's businesses

"The greatest curse on children is the unfulfilled lives of their parents" CG Jung

## About Empowering Mums

Empowering Mums enables mums to live their dreams and aspirations, to become confident, balanced, fulfilled and happy women. We work by supporting and encouraging mums to take control of their lives, make positive changes, fulfil their potential and live their lives to the full, achieving life-long ambitions and goals in all aspects of their life. All mums should remember that taking care of themselves has everything to do with being a good mum!

Empowering Mums brings support and understanding to mums who are struggling to cope with the everyday challenges posed by motherhood or are in search of a more fulfilling life. By utilising a range of proven techniques and exercises, and by exploring personal situations, Empowering Mums provides support to develop the skills required to live a balanced, harmonious life, full of joy and contentment. Empowering Mums inspires mums to be the best mum and woman possible by identifying and nurturing their true needs, ambitions, skills and talents.

## About Empowering Mumpreneurs

Empowering Mumpreneurs provides support to all mums wanting to start up their own business or mums who are already in business. Whether they require the encouragement and support to realise a seed of an idea for a potential business or they need the insight, vision and know-how to take an existing business to the next level, Empowering Mumpreneurs motivates, encourages and inspires mums to succeed.

Empowering Mumpreneurs founder Tracey Wall offers **one to one coaching support** to mums who

- may be fearful or lack the confidence and belief to start a business,
- lack the knowledge to put a vision and strategy in place or
- struggling to focus on planning and achieving their business goals.

**From Seed To Success** is the online Empowering Mumpreneurs signature programme. It offers mums choice, affordability and flexibility allowing users to log on and gain learning and support whenever and wherever they choose. Sessions, exercises and learning about starting up and growing your own business are completed in one easily accessible place making it ideal for busy mums juggling work, home and child commitments.

## Example articles and testimonials available on request

### Sample articles

- Be a Fun Mum!
- Free Yourself From Life's Limitations
- The Non-Adventures Of Supermum
- Overcoming Childcare Guilt
- A Hop, Skip And A Jump Towards Happiness

### Testimonials

- Jo Bulbrook
- Sue Faulkner
- Anna Burrow
- Sheila Molloy
- Elaine Gaunt