



### *My Why*

I have spent years of my life living with limiting beliefs, feelings of not good enough, and letting life's adversities control me rather than controlling how I respond to them. It can be lonely and above all else it is not necessary.

My mission is to use my personal experience living with and thriving through autoimmune issues, infertility, premature menopause, and crippling lack of self-confidence. Combine that with my professional skill set and knowledge, and my warm, empathic nature, to help women feel their best self no matter what life is throwing at them.

Everyone deserves to live an authentic, fulfilling, joyful life and I want to help you to achieve that

*"Let go of who you think you're supposed to be; embrace who you are."*

Brene Brown



### Contact Me



Perth, WA  
Virtual + In-Person  
Consultations



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KIRSTY CHAMBERS  
COACHING



*Empowering Women  
Through Life's  
Transitions*

## *Welcome to Kirsty Chambers Coaching*

I am here to support and empower women, especially those navigating the unique challenges of perimenopause, menopause, and the identity challenges that come with female health. With a background in Social Work and Counselling, coupled with expertise as a Life Coach, Master NLP Practitioner, and Hypnotist, I understand the impact female health issues can have on all areas of life, and I am dedicated to guiding women through these transformative phases.

My mission is to provide a safe and nurturing space for women to explore, heal, and thrive. Through personalized coaching, powerful NLP techniques, and transformative hypnosis sessions, I empower women to embrace change, reclaim their Identity, and rediscover their inner strength. Whether you're experiencing perimenopause early, feel like you are losing yourself to your body, or feel uncertain about this new chapter, I am here to help you navigate and achieve your life/ career goals with confidence and grace. Let's thrive during our periods of change and embark on a journey of self-discovery, resilience, and empowerment



## *Services*

### *Personalised Life Coaching*

Unlock your full potential and make your dreams a reality with personalized coaching tailored just for you! Packages can be tailored and delivered to your individual needs.

### *Hypnosis Packages*

Experience the transformative power of hypnosis! Break free from limiting beliefs, make meaningful change, and unlock your true potential.

### *Female Leadership Coaching*

Empowering female leaders with precision and insight! Our coaching program integrates DISC or iWAM assessments to provide tailored strategies for success.

### *Breakthrough Days*

Embark on a journey of personal transformation with my Personal Breakthrough Day! Experience a day dedicated to unlocking your full potential, overcoming limitations, and igniting your inner fire.

### *Workshop Facilitation*

Facilitation of workshops specific to emotional intelligence, workplace behaviour and communication, perimenopause experience and overcoming limiting beliefs for successful goal achievement.

*"Kirsty's warm and welcoming personality made me feel comfortable and safe. Her professional and personal experience is outstanding. I felt heard and helped. Working with Kirsty was amazing, especially when experiencing perimenopause and have no idea what is happening."*

Gia



## *Book your free discovery call now at;*

[www.kirstychamberscoaching.com](http://www.kirstychamberscoaching.com)



• Further information and prices available upon request