



Jo Stewart - Jo Stewart Coaching

I support people who feel frustrated, stuck, or unsure of their next step to gain clarity, build confidence, and move forward with purpose.

Through focused, supportive coaching—online or in person—I help you uncover what's really going on beneath the surface, clear mental roadblocks, and create a clear, practical plan for the life or work you truly want.

My approach is simple:

✨ You bring the area you want to change

🧭 I bring the questions, tools, and support to help you find your own answers

Because you're not here to be fixed you're already capable, resourceful, and whole. Sometimes you just need the right space and guidance to move forward.

Alongside 1:1 coaching, I also work with organisations and teams, delivering workshops and support around confidence, wellbeing, and personal development.

If this resonates, I'd love to connect. I offer a free, no-obligation chat to explore how coaching could support you or your business.

💬 Let's create positive change together.

Jo

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