

Welcome To No Guilt Zone!

As the daughter of a military man, Jenny had to learn the art of being confident at an extremely early age, she attended 14 different schools and learnt the importance of having to make friends quickly.

Following a series of unpleasant events in her twenties she went on the experience how that confidence can quickly be taken from you and replaced with guilt and fear.

Having explored many therapies Jenny discovered coaching and learnt a great many tools and techniques that helped her to face her fears, rid herself of guilt and to start living her life to its full potential.

Today Jenny is one of the most optimistic, motivational and determined coaches you will meet. Her enthusiasm for life is quite infectious.

Jenny received her initial Life Coach training with Noble Manhattan Coaching institute and has gone on to become a Dawn Breslin confidence coach. She has 16 years experience advocating for people's right to live the life they choose for themselves.

She is a master at creating an environment that encourages and enables people to dare to dream, to face their demons and to achieve their dreams. She has a deep passion for empowering others.

Her aim is to keep you focused and moving forward towards your goals, to listen without making judgments. To tell you the truth, the truth about where you are strong and where you sell yourself short.

Jenny's professionalism and unique style of creativity has helped her clients to turn their lives around.