



# *Jo Valentina Sinclair*

TRANSFORMATIONAL MINDSET COACH, SPEAKER & NLP PRACTITIONER

CORPORATE COACHING, WORKSHOPS,  
RETREATS AND TALKS

*Empowering wellbeing, creativity, innovation  
thinking and personal growth for performance in  
business*

[WWW.JOVALENTINASINCLAIR.COM](http://WWW.JOVALENTINASINCLAIR.COM)

*Wellbeing and creative innovation at work are some of the most important challenges for any company today. The benefits of investing in the staff within your organisation, reduces days off, increases loyalty, produces better performance and makes for a happier environment.*



***WHEN EMPLOYEES FEEL THEIR ROLE HAS  
MEANING AND PURPOSE, THE RESULTS ARE  
BETTER RETENTION & INCREASED MOTIVATION***



*"Hi, I'm Jo, a transformational mindset coach,  
speaker and NLP practitioner"*



I PROVIDE PERSONAL DEVELOPMENT,  
INNOVATIVE THINKING AND WELLBEING  
WORKSHOPS FOR MOTIVATION,  
PRODUCTIVITY, FOCUS AND CREATIVITY

# Not just your normal corporate workshops

## WHAT I DO



I support people with new tools and techniques to help them succeed, show up authentically and package up their expertise so they can enjoy the work that they do whilst implementing healthy work/life balance.

Over the past few years I have become a global mindset coach, keynote speaker and facilitator. I deliver private & third party workshop/retreats and through mentoring many people, know how to get results to empower people.

A large part of my work is female-focused career coaching where I provide retreats, workshops, coaching and mentoring for women around personal and professional development.

## MY PASSION



*I am committed to personal growth, creativity and empowering people in business*

My passion in simple.

Empowering people with coaching, mentoring, & motivational talks to harness the power of the mind to grow their performance. I love offering work that produces results and transforms people in business on the inside as well as the outside.

Over the past few years I have been helping individuals and businesses understand the importance of connecting to your individual purpose, exploring your potential and stepping into a happier career for more joy and fulfilment in your life.



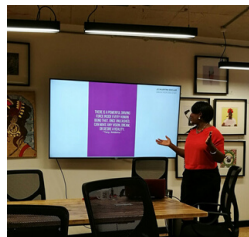
# Facilitating Events



I WORK WELL WITH PEOPLE

*Not just your normal corporate workshops...*

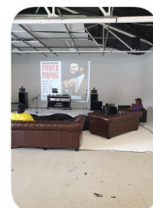
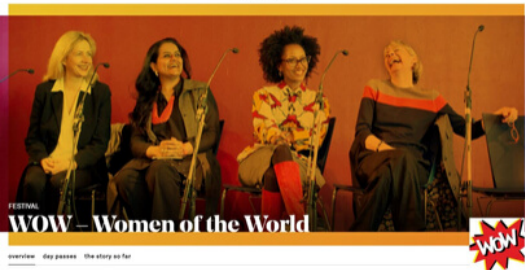
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COLLABORATIONS



SOUTHBANK CENTRE



# Visionboard workshops for Corporate Companies

## Bringing clarity to employees career vision, personal growth and wellbeing

Much of the time life gets in the way and people rarely find time dedicated to accomplishing the things they truly care about in other areas of their life such as: health, wealth, love, spirituality. It's all about helping people enrich other areas of their lives

### 2 HOUR VISIONBOARD WORKSHOP



## VISIONBOARD WORKSHOPS

*2 hour workshop suitable for all employees - Maximum number 120*

This workshop is a great opportunity for people to break away from the regular day to day routine and think about their future goals. It helps individuals to get clarity on their inner strengths and think about what's holding them back so they can not only receive clarity in their career path, but also focus on what they want to achieve over the next 12 months.

### During this workshop participants will learn:

- how to develop greater awareness of their personal power
- NLP tools to empower themselves in their role through conscious language
- how to enhance their future vision with confidence.

### 1 DAY VISIONBOARD WORKSHOP



## VISUALIZE YOUR PATH TO SUCCESS 1 DAY WORKSHOP

*For managers and senior leaders ( male/female) - Maximum number 20*

During this 1 day workshop participants are taken on a self-discovery journey to uncover any blocks that may be holding them back from success. Often times limiting beliefs about who people perceive themselves to be, holds them back from stepping into the person they want to be or taking their ideas and performance to the next level.

### During this workshop participants will learn:

- the importance of cultivating a strong mindset
- develop new empowering thoughts
- create a new action plan for sustained success



recent clients include...



DID YOU KNOW THE BRAIN PROCESSES IMAGES  
60,000 X FASTER THAN TEXT?





*recent clients include...*

Google



**VISIONBOARD WORKSHOP ARE GREAT FOR TEAM AWAY DAYS TO INSPIRE AND EMPOWER STAFF TO FOCUS ON THEIR GOALS..**

# Visionboard workshops & coaching

For schools, universities and other communities

Empowering life skills, career vision and personal growth for young people

2 HOUR  
VISIONBOARD  
WORKSHOP



## VISUALIZE YOUR PATH TO SUCCESS - 2 HOUR VISIONBOARD WORKSHOPS

*2 hour workshop suitable 14+ Maximum number 100*

This workshop is a great event for individuals to get clarity on their skills and inner strengths so they can build confidence in their career path

### **During this workshop participants will learn:**

- how to develop greater awareness of their own personal identity, strengths and skills
- new ways to empower themselves in their day to day life
- how to enhance their future vision with confidence through their day to day language and develop new mindset tools to grow
- techniques to inspire pupils to utilize the power of the mind to create the success they desire in their life
- how to create a visionboard to focus on their goals

WEEKLY  
MENTORING FOR  
YOUNG GIRLS

## CREATE YOUR OWN STORY - WEEKLY MENTORING FOR GIRLS

*For small groups of 10-15 at a time*

During these sessions pupils will learn mindset and emotional management tools to help them navigate daily life in a positive and confident way. These tools are life skills that will empower them to respond to the external world using their internal compass. They will learn they have all the resources within them to create their own story in life if they harness the power of the mind.

### **During these sessions pupils will learn :**

- how to build emotional resilience
- the importance of cultivating a strong mindset
- how to develop their self confidence and self belief
- how to develop new empowering thoughts in challenging times
- create a new action plan for sustained success



# Visionboard Retreats & coaching

## For teachers/educators

Empowering career vision , personal growth and self care

### MENTORING FOR TEACHERS/LEADERS



## MENTORING FOR TEACHERS/EDUCATORS

*for men and women*

One to one mentoring sessions to support personal and professional enhancement and help clarify your vision for more success whilst implementing a healthy self care routine in the process.

### **During these sessions participants will learn:**

- how to develop greater awareness of their own personal brand, strengths and skills so they can tap into their unique zone of genius
- how to overcome the fear of failure and uplevel their goals
- how to enhance their future vision with confidence and develop new mindset tools to grow
- Tool to create the success they desire in their life and cast aside the fear, doubt and negativity that arise when times get tough

### 1 DAY VISIONBOARD WORKSHOP



## VISUALIZE YOUR PATH TO SUCCESS 1 DAY WORKSHOP

*For female teachers and senior leaders - Maximum number 10*

During this 1 day workshop participants are taken on a self-discovery journey to uncover any blocks that may be holding them back from success. Often times limiting beliefs about who people perceive themselves to be, holds them back from stepping into the person they want to be or taking their ideas and performance to the next level.

### **During this workshop participants will learn:**

- the importance of cultivating a strong mindset
- develop new empowering thoughts
- create a new action plan for sustained success

### MOTIVATIONAL TALKS & BESPOKE TRAINING

**FOR MOTIVATIONAL TALKS, OR BESPOKE COACHING  
/TRAINING PLEASE CONTACT ME AT:**

*jo@jovalentinasinclair.com.*



*I bring purpose and passion to people's work and help them to clarify their career vision*



**MY VISIONBOARD WORKSHOPS AND 1 DAY RETREATS ARE A FANTASTIC TOOL FOR ENHANCING CREATIVE & INNOVATIVE THINKING, PERSONAL GROWTH AND EMOTIONAL INTELLIGENCE**

# Wellbeing 2 hour Workshops

For wellbeing and focus at work

2 HOUR  
WORKSHOP  
MIND THE GAP



## MIND THE GAP

*2 hour workshop suitable for all employees - Maximum number 15*

This workshop is a great event for individuals to understand the power of mindful thinking and is a great introduction to emotional intelligence in the workplace.

### **During this workshop participants will learn:**

- the benefit of managing their emotions
- how to let go of self sabotaging thoughts
- the tools to increase their performance and focus in a positive way

2 HOUR  
WORKSHOP  
WORD POWER



## WORD POWER

*2 hour workshop suitable for all employees - Maximum number 15*

As a Neurolinguistic Practitioner language is a huge area I coach around. Words have power. In this workshop I teach the importance of being aware of your internal dialogue, the conversation you have with others and how you can make small shift to increase your communication and performance using NLP techniques.

### **During this workshop participants will learn:**

- the language of successful people
- ways to adopt a healthy internal dialogue
- what words to look out for and to avoid when it comes to confidence
- how to reprogramme you mind through your words and speak your way to success!

# Away Day Retreats for Women in Business

For personal development and growth

RETREAT

A large part of the coaching and mentoring I do is for women. I love to supporting women in the areas of confidence, visibility, self belief, imposter syndrome, and personal growth

## VISUALIZE YOUR PATH TO SUCCESS 1 DAY RETREATS

*For Female managers - Maximum number 10*



During this 1 day workshop the women are taken on a self-discovery journey to uncover any blocks that may be holding them back from success. Often times limiting beliefs about how women perceive themselves to be, holds them back from stepping into the person they want to be or taking their ideas and performance to the next level. During this workshop women will learn the importance of cultivating a strong mindset, what their limiting beliefs are and whats been holding them back, how to develop new empowering thoughts and how to create a new action plan for sustained success

1 DAY  
CONFIDENCE  
WORKSHOP

## INNER BUSINESS - 1 DAY CONFIDENCE WORKSHOP

*For female managers to improve inner confidence - Maximum number 10*



During this workshop women will learn how to uplevel their confidence. For women who would like better visibility, to feel heard and have more confidence to share their ideas or their work, this workshop will address some of the challenges they face and explore practical ways to overcome them so they feel more empowered to succeed.

1 DAY  
IMPOSTER  
SYNDROME  
WORKSHOP

## FLIP THE SCRIPT - 1 DAY IMPOSTER SYNDROME WORKSHOP

*For female senior leaders and manger - Maximum number 10*



Many women transitioning into new roles at work fear they are "not good enough" "cant do to the job" or feel that they are a "fraud" because they don't believe they have the ability to do the role (even when they have the experience/ talent). Imposter syndrome holds many women back from sharing the full extent of their knowledge and taking their career to the next level. During this workshop women will understand the trigger for imposter syndrome and how to overcome internalizing self criticism and undermining themselves.



# Speaking

## INNOVATIVE THINKING TALK



### 1 HR LUNCH AND LEARN TALK - CREATIVE AND INNOVATIVE THINKING

*Rewiring the mind for more success - Maximum numbers 50*

A lunch talk about how to tap into the creative mind for more innovative thinking.

## WELLBEING TALK



### LUNCH AND LEARN TALK

*Self Care is the Unsung Hero! - Maximum numbers 50*

A lunch time talk empowering people about the benefits of self care and how to prevent burnout. Mental health and wellbeing is a key priority for business today as stress is a driver to burnout. This talk will empower people to uplevel their self care in day to day life and office hours. I will explore the psychological benefits of putting you health first, what to look out for when self care is low and the importance of cultivating a self care routine outside the workplace too



# Professional bio

Jo Valentina Sinclair works as personal/professional coach with individuals and corporations.



She is the founder of Create Your Own Story, a business coaching service which supports female professionals in growing their coaching or consulting business alongside supporting women in their careers if still in the corporate field.

She holds a BA Degree in Communication/ Business Studies and her background spans 20 years in corporate media and marketing working with brands such as Warner Music, O2 and Sony. She also worked as Manager in Editorial Strategy with the BBC for 10 years.

She's a trained Lifecoach & NLP Practitioner and has studied with Gina Devee's Divine Living Academy with the emphasis on creating a purpose led life and business. She's dedicated to pushing the conversation around female focused careers and women's empowerment by providing retreats in London that promote soulpurposed living.

Outside of her own business Jo provides workshops, talks and training for grassroots organisations and creative arts communities through Haringey Council and The Selby Trust and has been officially invited to mentor at the WOW Festival by Jude Kelly CBE

Jo writes and contributes to Thrive Global, has been a guest on several telesummits around the subject of self care, limiting beliefs and regularly shares her opinion on her very own blog - Flip the Script. She has a contagious enthusiasm for helping people expand their vision and has a soulful style of blending NLP modalities into her work to achieve results in a practical way.

Her mission is to invite people to create a life with no limits.

Find out more at [www.jovalentinasinclair.com](http://www.jovalentinasinclair.com)

## CLIENTS I'VE BEEN WORKING WITH





# *1 to 1 Executive coaching for leaders*

*Not just your normal corporate coaching..*

I provide peak performance and personal growth coaching for executive leaders, managers or senior staff. I work with individuals to incorporate a healthy work life balance whilst helping them understand their strengths. Working together we explore how you can show up authentically, better express your values and beliefs, so you have a career filled with more purpose, joy and fulfillment.

My coaching covers the areas of: emotional resilience, performance, relationships and spirituality.

**COACHING  
FOR LEADERS**





## *What people are saying about my work*

"Thanks so much for an amazing session at the conference, it went down really well and we got fabulous feedback from our members. Lots of uplifted and positive people in the audience afterwards!"

MARTIN SUTTON - FOUNDER - THE SONGWRITING  
ACADEMY..

|

"A huge THANK YOU for yesterday's seminar - it was absolutely brilliant!"

IAN MARX - COURSE DIRECTOR - THE SONGWRITING  
ACADEMY.

|

"Jo's approach allows participants to think bigger and adopt new strategies to build personal wellbeing through visualization and practical techniques in order to develop a personal "vision of a good life". I look forward to developing future workshops in partnership with Jo"

KEESHA MAKEBA, HARINGEY COUNCIL

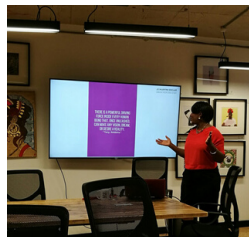
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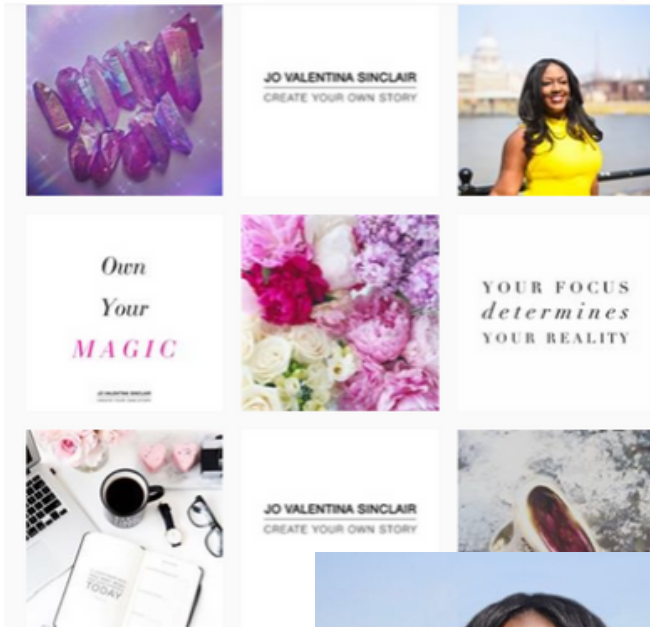
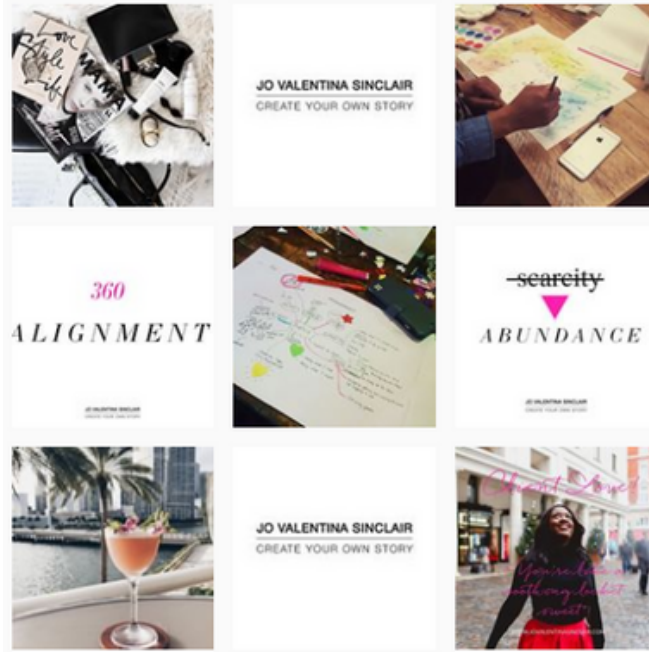
COLLABORATIONS



SOUTHBANK CENTRE



# Social Media



**JO VALENTINA SINCLAIR**  
CREATE YOUR OWN STORY

I HELP  
SOULPURPOSED & DRIVEN WOMEN  
QUANTUM LEAP THEIR SUCCESS &  
TAKE THEIR LIFE & BIZ TO THE NEXT  
LEVEL



Day 25 - 30 Days and 30 Ways to Unleash Your...

Day 24 - 30 Days and 30 Ways to Unleash Your...

Day 22 - 30 Days and 30 Ways to Unleash Your...



One of the main priorities for leaders right now is looking after people. When you put people first, you get better results.

I CAN HELP .

If you would like me to come in and work with your teams or are looking for a personal development coach for your senior leaders, feel free to get in touch

*“The definition of insanity is doing the same thing over and over again and expecting different results.”*

*Einstein*





# *Jo Valentina Sinclair*

CORPORATE COACHING, WORKSHOPS,  
RETREATS AND TALKS

## **EMAIL**

Want to reach out directly?

Drop your details and either myself or my team will be in touch with you shortly! [jo@jovalentinasinclair.com](mailto:jo@jovalentinasinclair.com)

## **FOR SPEAKING**

Please email [Jo@jovalentinasinclair.com](mailto:Jo@jovalentinasinclair.com)

## **CONNECT & COLLABORATE**

If you would like to collaborate with Jo Valentina Sinclair, please email [jo@jovalentinasinclair.com](mailto:jo@jovalentinasinclair.com) with all the details. Make sure to include as much information about the collaboration as possible, including your expectations intended length, budget and details about how it will be beneficial for both parties.

## **FOR PODCAST INTERVIEWS**

Email [jo@jovalentinasinclair.com](mailto:jo@jovalentinasinclair.com)