



Pimp Up Your Confidence With These Moves

Wendi Schuller

The Divorce Magazine (TDM), USA

A lack of confidence can hit anyone. Feeling inadequate affects people with high powered jobs as well as those on a lower tier. Experiencing self-doubt over perceived lack of ability permeates one's whole being. When feeling stuck, amp up confidence by beginning with baby steps, not a giant leap. This speech gives specifics how to get started and move along the process. Tips on identifying stumbling blocks and how to blast through them.

One block is debilitating thoughts which put you down. Identify them and change that voice in your head from foe to friend.

Use this action plan with ideas and examples, to move you onto a new path. These concrete steps can pump up your confidence so you become the powerful woman you are meant to be.

Biography

Wendi Schuller is a dating coach, particularly helping people start dating again post-divorce. She is also a nurse, hypnotherapist, and is certified in Neuro-Linguistic Programming (NLP). She wrote "The Global Guide To Divorce" and is a speaker in the divorce field in London. She has over 200 published articles. Her children's book series is Jack Jack The Cat. Wendi Schuller is a dating coach who helps people after divorce and break-ups to start dating again. She is a hypnotherapist, NLP practitioner and a nurse. She wrote The Global Guide To Divorce. <https://globalguidetodivorce.com>



UJWEL/SEP/2025/Wendi Schuller



UNIVERSAL
JOURNAL OF
21ST CENTURY
Women's Entrepreneurship,
Leadership, Technology & Publishing

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In association with

"Universal Journal of 21st Century Women's Entrepreneurship, Leadership, Technology & Publishing (UJWEL)"