

"I Can Help You Discover More Confidence, More Clarity, More Creativity" – Jayne Morris



Jayne Morris – the POWER coach

As an expert in guiding women to reclaim their power and move forward with confidence, Jayne is the founder of Power-Up™, the proven 10-step system which

combines life coaching, meditation, visualization, martial arts, angelic healing and integrative art therapy.

"Jayne is a gifted coach with a lovely and calming manner. Her encouraging words and intuitive coaching style helps with recognising and releasing old patterns giving me the confidence to trust in my inner knowledge and know that I am confidently working towards my goals. Thank you Jayne I can't recommend you highly enough - what a lovely gift your positive energy is truly amazing and infectious! Keep up the great work!"

Sian Hill, Account Manager

What clients and workshop participants are saying:

"Thank you so much for making our Vision Board Workshop possible, for coming all the way down to New Pastures, and just for ensuring that everything 'came about'. I wish you every success and flourishing - I think you have a truly wonderful manner about you - lovely natural warmth, positivity and sheer enthusiasm that is infectious. Not to mention very gentle insight (gentle in that you don't thrust it upon people). I thoroughly enjoyed our workshop day." **Wendy, Guildford**

"I was so pleased to have the opportunity of meeting Jayne and warmed to her immediately. I instantly felt that she was sincere, honest in her approach and authentic which are fundamental key qualities in any coach.

Jayne is without doubt a professional who truly cares about those she coaches and I am hugely impressed by her. I have no hesitation in recommending her to anyone who wants to get clear on what they want in life and finding a way forward."

Jane Hamilton, Human Resources Manager

Jayne's Speaking Experience:

Jayne leads her audiences with an uplifting mix of step-by-step self-empowerment techniques taken from her unique and varied background in life coaching, meditation, visualization, martial arts, angelic healing and integrative art therapy. Her infectious energy and upbeat spirit will enable your organisation and its members to POWER-UP effortlessly.

Jayne is an experienced public speaker and has lived, worked and run training sessions in several countries including the UK, Japan, Germany, Spain and the USA. Her series of 9 POWER-UP workshops can be tailored for delivery to small private groups or larger audiences of up to 500 people. She also accepts bookings for bespoke talks, seminars and events.

To Book Jayne For Your Event

Power-Up Coaching™

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Jayne's Vision Board Workshop made me feel more positive, gave me the chance to take some time out and think about myself so that I was able to look at creating better things in my life, for myself. The workshop gave me the belief that I have the power to improve things in my life. Since the workshop my Vision Board has been helping to keep me focused on building a better future. And, I have achieved one of the goals from my board already – I've been walking on a beach and up a mountain, I didn't expect this to happen so soon! Thank you Jayne!

Suzanne Williams, Personal Tutor

"Jayne worked with our learners in a tough and deprived inner city London high school. During her time with us she inspired learners to reflect, work hard and aim higher. Her ability to work with both high achieving and disillusioned learners gave her an edge. Jayne has the ability to empathise with all individuals, furthermore her ability to break down complex concepts and motivate learners with her infectious enthusiasm and lively delivery style endeared her to both learners and staff alike. I recommend Jayne Morris without hesitation."

Godfrey Dube, Head of Business & Enterprise, Harrow High School