



The Goddess Method

BUILD CONFIDENCE. CREATE
CHANGE.

Created by Chantelle Bleau



Introduction

This programme is for the woman who knows she's meant for more... but feels stuck, unsure, or disconnected from her confidence and self-worth.

The Goddess Method is designed to guide you back to yourself. Helping you reconnect with your inner power and create real change in your life.

My Story

For a long time, I've felt a natural pull towards helping people.

Not in a "fixing" way but in a way where people feel more like themselves again. More grounded, more confident, more clear.

Last year, I made the decision that I wanted to step into life coaching. It felt exciting, aligned, and something I knew I was meant to explore. But at the start of this year, I went through a period that challenged me more than I expected.

And it made me realise something important...

I couldn't guide others to a place I hadn't fully met within myself yet.

So I took a step back.

I went deeper into my own patterns, my own mindset, and how I was really showing up in my life. Not just on the surface but properly. And through that, everything shifted. I became more self-aware, more grounded, and more certain in who I am and how I move through life. Now, coming out of that, I feel even more drawn to coaching but from a completely different place.

Not from trying to have it all together...

but from understanding what it actually takes to move through things, rebuild yourself, and step into a stronger version of you.

People often tell me that when they're around me, they feel calm.

More confident. Less in their head.

My Story

And for a long time, I thought that was just my personality.

But it's not.

That feeling... that grounded, confident energy...

it exists in everyone.

Sometimes it's just buried under doubt, fear, or old ways of thinking.

And that's where I come in.

I'm not here to "fix" you.

I'm here to guide you back to yourself to help you see what's already there, and actually start stepping into it.

Because real change doesn't come from outside of you. It comes from within you... sometimes we just might need the right guidance to unlock it.



What Happens When You Choose Yourself



- Build confidence and self-belief
- Feel more grounded and in control of your life
- Break through feeling stuck
- Gain clarity on what you actually want
- Start taking action without overthinking
- Reconnect with your inner power

How We'll Work Together



- 1 x 60-minute deep dive session
- 5 x 30–45 minute 1:1 coaching sessions
- Personalised guidance tailored to you
- Ongoing support between sessions
- Workbooks
- WhatsApp Support

How We'll Move Through This



Week 1: Deep dive into where you are now + where you want to be

Weeks 2–6: Ongoing coaching, support, mindset shifts, and action steps

This is a space where you'll be supported, challenged, and guided so you can create real change, not just talk about it!



Investment

£255

6 weeks of 1:1 support, guidance,
and transformation

Limited spaces available to ensure
each client gets my full attention.