

# EMPOWERING Women

By Pinky



I started life off quite well, being told I was shy yet intelligent, I knew my parents loved me and were proud of me. Somewhere in my teens I became insecure, self-conscious and lacking in confidence.

I went to university to read Optometry and after qualifying I met someone and was married for five years. During this time I built a house, bought a business and gave birth to my beautiful son. I divorced my abusive husband two weeks after my son was born.

The universe had slapped me hard in the face, I felt broken. I lost all remaining confidence and my identity after giving birth and going through my divorce. I was scared and I felt

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betrayed and lonely. These feelings became my fuel. I decided to move to Edinburgh when my son was 18 months old because I wanted to start a new, happy life for us. I found a job and moved 3 times in 1 year before I found the perfect home. During this time I had no friends or family to help or support me. I remember it clearly as the darkest, loneliest

and scariest time of my life. However, I learned so much from it, about myself and life in general. Moving to Edinburgh turned out to be one of the best decisions that I ever made. Sometimes things don't work out the way you expect and that's okay.

Some of you may know feelings of self-doubt, anxiety and the crippling lack of confidence because of fear; it can be debilitating. I remember thinking I was the only one going through this, which made it worse. I think all mums go through these feelings of low confidence and isolation at some stage. This is why I am passionate about helping mums who have been through a time where they have lost

## EVERYTHING YOU SEEK IS WITHIN YOU'

- LOUISE HAY

their confidence and, most importantly, their true authentic self. I get it. I was there once too. Motherhood is a happy yet difficult time for many ambitious women for varying reasons. You don't know what to expect and you are in unfamiliar territory. All of us, no matter how experienced or accomplished we may be, have fears that can hold us back.

We change ourselves for one of two reasons, inspiration or desperation. I changed for desperation at first, and then inspiration. That was 11 years ago and since that time I have been in my never-ending pursuit of self-acceptance, self-care and self-belief. Going through the divorce with my 2-week-old son was no easy task, it was a steep learning curve and a big life lesson for me. Instead of focusing on "what am I getting out of life?", I decided to change my purpose into "what am I becoming?" To have more than what I have, I had to become more than I was. If I didn't have the resilience to get through the bullying, emotional and physical abuse of my previous relationship, I would not be where I am today. The magic happens when you're able to view your situation and use it to catapult you to greater heights.

It is odd remembering the person I was back then because it feels like viewing the life of a totally different person. I can't even recognise that woman. It's an amazing journey to have gone from feeling like I was never enough to being more than happy with who I am. I want to help every single one of you experience this incredible feeling. If I can do it, so can you!

I now empower and coach women to feel more confident about themselves, to struggle less and stop suffering. True inner confidence is about really loving yourself and feeling great about who you are, embracing yourself despite your flaws. No matter where you are now, there is always another level to reach. To raise the bar you need to stay focused on your objectives, whether those



goals are career, business or personal. Small simple steps can lead to life-changing benefits.

I help create your killer mindset to be more successful and confident in life. My passion is to help as many people as possible become more confident and create a positive impact. I am on a mission. My why is my family, my beautiful son. I finally feel like I have a purpose in my life; it only took 40 years, but I am so grateful to be here and to be able to do what I am so passionate about. ■

### FIND OUT MORE

Pinky founded WiNE (women in networking Edinburgh) in September 2015, an online support network for women, especially mums, who are going back to work or who have entered the entrepreneurial world. There are more than 2000 inspiring ladies within the FB and meet-up groups and this number is growing... [www.bypinky.com](http://www.bypinky.com)  
[facebook.com/bypinkyg/](https://facebook.com/bypinkyg/)

