

Play to Win with Effortless Confidence at The Happiness Centre

Submitted by: Steve Errey

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Starting this October, The Happiness Centre – London’s leading provider of health and wellbeing services to individuals and workplaces - is offering it’s customers a new service that promises to build ‘Effortless Confidence’ and self esteem. The one to one service is a natural addition to those already offered by The Happiness Centre and aims to make genuine, long-lasting inner confidence and self-esteem available to everyone.

The unique service provided by leading Confidence Coach Steve Errey will offer people a coherent, practical and proven approach to building their self-esteem and inner confidence for the long term, providing a solution for the problem of low self-confidence that an increasing numbers of Londoners are encountering. Why call the service Effortless Confidence? “Because real confidence is about trusting yourself and being comfortable in any situation, and having that be effortless and natural.” says Errey.

Highlighting the problem, a 2005 survey found that people aged 28-42 rate themselves as just 62% confident on average, with the huge majority wanting to be in the 90%-100% confident bracket. Over three-quarters admitted to having low self-esteem and would love to build real inner confidence. Alexis Garnaut-Miller, founder and Director of The Happiness Centre, says, “Confidence is such an important part of enjoying ‘happiness’ today and I’m so excited the wonderfully enabling Steve Errey is coming on board. For the people who work with him, I can guarantee you’ll be saying a huge and confident ‘Yes!’ to everything you want.”

The Effortless Confidence service comprises a number of one to one coaching sessions with practical exercises throughout. The approach has been developed and tuned over the last few years and is based on what Errey has seen work best with his clients. "It feels like someone has turned the lights back on," says Stephanie Favell, an IT professional working in London and one of Errey’s past clients. “I feel more alive than I have done in a long time and I've learned to relax and have fun again. I'm strong, confident, vibrant, alive and I refuse to let myself forget that again."

The service is the first of its kind in the UK and offers people a safe environment to learn about their confidence - what it is, how it works, what stops it and how to keep it high. “My job is to help people play well and win at the games they really want to play,” says Errey, “and winning at being effortlessly confident means that you’re ready to play the game you were born to play. People are always amazed when they see that real confidence really is effortless and how it makes everything else so much easier and less painful. It’s great to see them win.”

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Contact Information:

For more information contact:

The Happiness Centre on 020 8749 3792, email info@thehappinesscentre.com or visit www.thehappinesscentre.com.
Steve Errey on 0845 644 3001, email steve@steveerrey.com or visit www.steveerrey.com.

Notes to editors:

- The Happiness Centre was established to deliver top-quality practical health and wellbeing services and learning opportunities to the local community. Their purpose is to ensure every single experience enables their valued clients to create greater health, happiness and harmony in their personal and professional life.
- Steve Errey is an accredited life coach and has coached hundreds of clients since 2002. He specialises in helping thirtysomethings build real inner confidence and win at their careers and relationships. He's featured widely in the British media as an expert, with a wide variety of press, radio and television appearances.
- Effortless Confidence starts at The Happiness Centre on October 25th 2006.