

Hello from Quiet Connections

We'll be in touch soon

Hi, we're Hayley and Stacie, and we help people like you to **stop panicking** and feel more **calm and confident** in social situations, so that you can **speak up, join in** and **feel like you belong**.

We're certified Coaches, but what's most important is that we know what it's like to feel anxious and panicky in social situations because **we've been there too**.

You might be referred to us for 1:1 Coaching; to join a course facilitated by us; to get our self-study Quiet Speaking Toolkit; or to join one of our community groups.

Whatever you've been referred to us for, **you'll hear from one of us over the next week** to arrange a start date. We'll usually contact you by text first, unless we're told otherwise.

Want to learn more about us before we speak?

Visit our website at QuietConnections.co.uk
or email hello@quietconnections.co.uk



I'm Stacie

I'm Hayley

Our first conversation will be a get-to-know you session to find out more about each other and how we can help, so have a think about what you'd like to get out of working with us 😊

"I've moved miles away from my comfort zone to places I never thought I'd be able to deal with... Thank you for your help. I didn't think it could work but it really helped me."
– coaching client

*Please give 48hrs notice if you need to change a session