

# How Roaring Berry helped a Client Reconnect to Self-Care, Confidence & Self-Belief



Andrea was juggling her business and taking care of unwell family members when her husband was made redundant. It was all becoming a bit too much.



**Andrea Rainsford**  
*The SEO Angel*

## THE CHALLENGE

Andrea was feeling overwhelmed. Some years back, she had been very ill for a long time. She fought her way back to health and started a successful SEO Mentoring & Strategy business, which was beginning to build momentum.

Then she was suddenly faced with taking care of unwell family members and had to take time out for them. On top of that, her husband was made redundant from a long-term job. With health issues of her own, she struggled to work out how to get her life back. She said, "I was overwhelmed. I don't have any time in my life for me. If I'm not working, I'm taking care of somebody. The lack of self-care was having an impact on my character and health."

## THE SOLUTION

Rory reached out to Andrea to initially offer help for her husband. She said, "I spoke to Rory, and we got on so well. I realised he would be a great fit for me. He just got me and understood me." Andrea booked her first coaching session and felt much better by the end of it. She hadn't realised how much she was keeping inside.

Andrea found Rory's visualisation exercises powerful. She said, ***"Rory took me back to the bed-ridden me and got me to compare her with the present me. I saw how she was thinking, feeling and coping and where I am now to where I was then. I have achieved things that, back then, I believed were not possible."***

People often told Andrea she was too sensitive and emotional, and she spent years trying to change. But Rory helped her to accept and love who she is. Andrea said, ***"Rory said I needed to wear my sensitivity and emotion as a badge of honour. They are a wonderful part of who I am, and I need to celebrate them, not hide them or try to change who I am."***

***That was the biggest realisation for me that I needed to stop trying to be somebody else."***

## THE RESULT

So far, Andrea has had around seven sessions of coaching from Rory. She feels it has made a massive difference to her confidence and well-being and is now 100% confident to run her recently launched group SEO programme.

She has renewed self-belief and doesn't hold back if other people tell her she is 'too much' of anything. Andrea said Rory helped her where other therapies haven't. She said, **"We've not had one session when Rory hasn't made a real difference to me, and I always go away feeling quite a lot better. He's made me realise I can be happy again, and my life won't be like this forever."**



*Rory really makes me laugh. In every session, there are laughter and tears."*



*My confidence has soared, my self-belief and belief in my ability have completely changed. Rory has brought me back to me. The main thing is I don't need to change who I am. It's totally OK to be me."*



*Rory genuinely cares. I have a connection with him that I've never had with any other form of therapy. I can turn up to a session and tell him anything, and he won't judge me. He'll always have words of wisdom, a process or visualisation to turn my day around."*



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with Rory Berry**



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