Sharon Hughes

Author.Speaker.Coach

Confidence and Self-worth Expert

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What If You're Not Who You Think You Are?

Sharon is the award winning author of the best selling book, The Girl In The Garage: 3 Steps to Letting Go of Your Past. She has helped women from all walks of life gain confidence and a healthy self-worth to raise their hand in the boardroom, break up with people pleasing, make peace with their bodies, and let go of the lies they believe about themselves that holds them back from being who God created them to be.

She's famous for pointing out "believing a lie is just as powerful as believing the truth". In her book, she bravely triumphed over the unthinkable from parental abduction, homelessness and even waking up in a garage after being drugged. She owes her success to her faith in God, knowing that he prepared her for such a time as this. She offers several courses including Confidence Academy.

When she's not coaching women, recording her podcast or plotting her next book, you can find her gazing at a California sunset, petting every dog that crosses her path and eating obscene amounts of popcorn.

Sharon is a faith based confidence and self worth expert, available for workshops, keynotes, retreats and seminars.

The Girl In The Garage: 3 Steps to Letting Go of Your Past

click here for book trailer

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Called to Confidence Podcast

Retreats - Keynote - Workshops - Breakouts