



Claire Pestana

PROFESSIONAL BIOGRAPHY

Claire Pestana is a Women's Confidence Coach and Wellbeing Writer based in Surrey, UK. With a background in Marketing and Communications and over two decades of experience in the field, Claire retrained as a certified Life Coach with the Beautiful You Coaching Academy in 2021, following a transformative period of self-enquiry during the Covid-19 pandemic.

Claire was drawn to coaching through a deep personal awareness of the emotional and structural challenges women face in a world that still expects them to "do it all"—often without the systems, support, or space they truly need. Her practice centres on a feelings-led coaching approach, supporting women who find themselves stretched thin between motherhood, work, and the lingering pressure of external expectations. Many of her clients are navigating burnout, identity shifts, and the quiet but powerful call to reconnect with themselves.

A self-described recovering people-pleaser, Claire is especially passionate about guiding women who are emerging from the intensity of early motherhood and entering a new phase of self-discovery. She empowers them to define what truly matters, to live with greater confidence and clarity, and to step into the next chapter of their lives with purpose, positivity and renewed potential.

Claire is also an established writer. She shares soulful reflections with her engaged community through her blog Confidence with Claire and her monthly email newsletter Wild Whispers. Her work has been featured in Teen Breathe magazine and she currently serves as Co-Editor of Child Psychotherapy Matters at The Association of Child Psychotherapists.

Claire lives in Surrey with her two teenage children and her feline sidekick, Luna. She writes from a quiet garden cabin, where her thoughts unfold into words and her manuscripts take shape.

"The world needs more kindness. Families need more support, children more reassurance, and women more belief in their worth and power. I write to offer all of these—to speak to the heart of anyone searching for strength, meaning, and the reminder that they are not alone."