

Full Bloom

Life Coaching



Women's Needs & Insights Report

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Introduction



This report shares the findings of the 2025 survey conducted by Full Bloom Coaching, uncovering insights of over 100 women across diverse backgrounds, professions, and life stages.

We asked about how the lives they live today compares to their dream lives, as well as their general sense of confidence, purpose, wellbeing, and ambition.

The result is a snapshot of womanhood today: revealing what's shifting, what's holding us back, and what women are reaching for next.

We hope to share our learnings in order to shed light on the distinctive nature of Full Bloom Coaching.

Research structure

- 100 participants, women aged 25–60
- UK-focused respondents
- Survey conducted anonymously between Jan–June 2025

Chapter 1

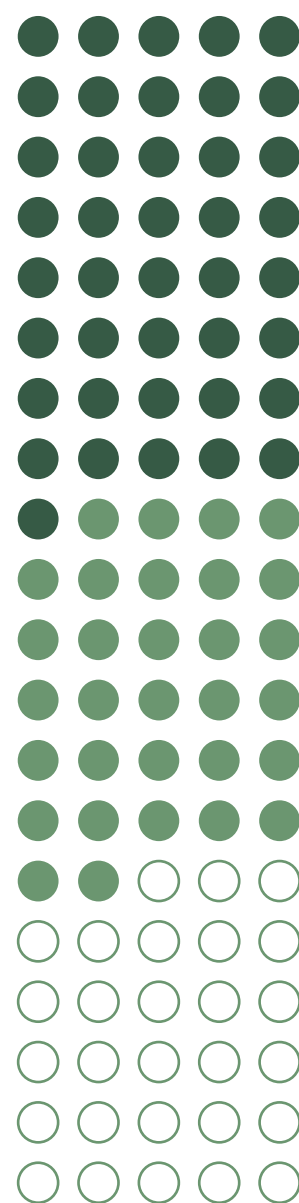
The Desire for Change

72% of women say
they want support to
make a meaningful
life change

But aren't sure how or where to begin.

This is a clear signal of demand: women are actively
seeking guidance — not just inspiration.

Full Bloom is a supportive tool for change, offering a
structured yet nurturing launchpad for evolution.



Among the 72% of women seeking change, support is most needed in four key areas of life.

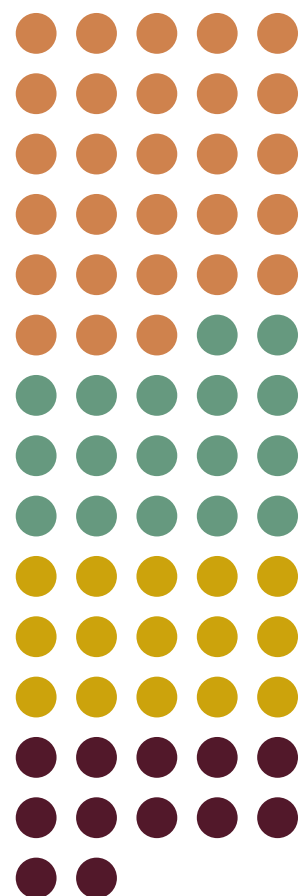
Their priorities reflect a desire for both outer transformation and reinforced inner strength.

● Work & Career (39%)

● Relationships (24%)

● Confidence & Self Worth (21%)

● Money & finances (16%)



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