

# Dr Anne

## WHITEHOUSE

AUTHOR  
SPEAKER | SCIENTIST  
POWER ALCHEMIST



[hello@feminineconfidence.com](mailto:hello@feminineconfidence.com)

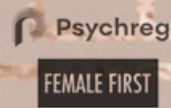
<https://feminineconfidence.com>

*"I whole-heartedly recommend Dr Anne Whitehouse as a presenter of world changing ideas that help women heal, pull back their power and lead important meaningful change."*

*Dion Johnson - The Womanologist*

Facebook @annewhitehousephd

LinkedIn @drannewhitehouse



# about Anne



Dr Anne Whitehouse is the #1 bestselling author of 'Pull Back Your Power', a PhD scientist turned Female Power Alchemist, and a subconscious transformation expert. After her own spectacular burnout in the boys' club world of university engineering, she uncovered the hidden roots that sabotage high-achieving women, and devised a game-changing solution. Her mission now is to show visionary women how to level the energetic playing field, break through success limits, income ceilings, visibility blocks, and fulfil their dreams in the world - all without changing their character, or having to sacrifice their feminine energy.

## POPULAR TALKS | WORKSHOPS

- Feeling '**not good enough**' is actually proof of your success.
- How to overcome **visibility fears and imposter syndrome**, quickly and easily.
- How to **thrive as a woman in 'the boys' club'** without changing who you are or turning yourself into a man!
- How to free yourself from your 'witch-wound' heritage and feel **safe to be visible as a leader**.
- **From invisible to seen** - how to hold your power under pressure and speak up, no matter how dismissive those around you.

*"Hold your power under pressure. Speak up confidently. Be brilliantly female."*



# Workshops & Talks



"Power is the ability  
to create change. When you  
pull back your power, it feels  
SAFE to SHINE."

- **FEELING 'NOT GOOD ENOUGH' IS ACTUALLY PROOF OF YOUR SUCCESS.**

High-achieving women often feel not good enough, no matter how brilliant their achievements. This leads to a spiral of pushing themselves harder and harder, leading to destructive perfectionism, exhaustion, burnout. However, when you understand what your subconscious is actually telling you when you feel this way, it turns the whole issue on its head, opening up self-esteem, confidence and truly feeling your value.

- **HOW TO OVERCOME VISIBILITY FEARS AND IMPOSTER SYNDROME, QUICKLY AND EASILY.**

Discover why conventional empowerment does no more than plaster over the cracks and can actually make things worse. Learn how to spot when a hidden subconscious limit has triggered and know what action to take to keep yourself moving forwards, instead of stalling, pulling back or having to suffer stress and anxiety.

- **HOW TO THRIVE AS A WOMAN IN 'THE BOYS' CLUB' WITHOUT CHANGING WHO YOU ARE OR TURNING YOURSELF INTO A MAN!**

Up until now, women have had a choice - either shut down, or adopt an aggressive male energy in order to get ahead. Both options come with a heavy personal cost. BUT, there is another option. When we both free ourselves from the male benchmarks and reawaken our female magic, that's when we can thrive and shine without the personal cost. Discover how!

- **HOW TO FREE YOURSELF FROM YOUR 'WITCH-WOUND' HERITAGE AND FEEL SAFE TO BE VISIBLE AS A LEADER.**

Conventional empowerment has missed one big key - SAFETY! Programmed into our psyche is the age-old persecution of powerful women. Each time a woman is judged by a different benchmark from the men, attacked, criticised, or undermined by unconscious bias, this 'witch-wound' triggers deep ancestral fears which are the root of not promoting ourselves. Freeing ourselves from this ancient fear is the most essential factor in stepping into the highest expression of our leadership.

- **FROM INVISIBLE TO SEEN: HOW TO HOLD YOUR POWER UNDER PRESSURE AND SPEAK UP, NO MATTER HOW DISMISSIVE THOSE AROUND YOU.**

In Anne's signature workshop, she teaches women how to identify when their power has drained away, how to use your mind to get it back, and how to give out a different subtle message to those around you, changing how the world reacts to you. So, those 'Achilles Heel' situations, like meetings, presentations, pitches and confrontations no longer drain their confidence and voice.

*"Hold your power under pressure. Speak up confidently. Be brilliantly female."*

# Testimonials

*"Anne's brilliance, wisdom and understanding shines through every sentence."*

*Melissie Jolly - Founder Colour Mirrors*



*Melanie Gow  
The Legend Maker*

After working with Anne, I was not only able to fill my Signature Speech Programme but I appeared on the stage in Los Angeles with a Transformational Comedy gig, lead a year long speaking mentorship, and start my own web-show. I heartily recommend working with Anne if you want to get rid of the invisible bounds that truly hold women back, especially if you have a message you want to share, need to get visible to be effective, and want to define success your way – in fact, you owe it to yourself to release up more of your own power.

Since working with Anne, I have experienced a long-lasting shift in my life vision, been able to address unbalanced relationships and behaviour, and step out into a more influential role than I had ever envisaged. Although uncovering past pain and confronting irrational beliefs takes some processing, through her energetic interventions Anne does most of the work, leaving you to enjoy and be inspired by the results. More women should step into their power with Anne's help.



*Lucy McCarraher  
Founder of the  
Business Book Awards*

So I've asked Anne to come speak at two of my events now - why...? Well there are a few reasons why 1. Anne REALLY knows her stuff! She literally lives and breaths her message 2. What she knows is powerful and EVERY WOMAN needs this understanding 3. Anne wants to change the world as do I, that makes partnering with her not just enjoyable but mission driven and purposeful - I wholeheartedly recommend Dr Anne Whitehouse as a presenter of world changing ideas that help women heal, pull back their power and lead important meaningful change.



*Dion Johnson  
The Womanologist*

*"This will give a lot of women that 'OMG it's not me' feeling!"*

*"The combination of Anne's clear teaching about her research and knowledge, and practical interaction was powerful. And the results are frankly amazing! Problematic relationships have improved and power-draining situations have reversed."*

*"I have used Anne's techniques in high level meetings. When discussing a presentation and criticism was directed at me, instead of panicking and getting flustered (a fairly normal reaction) I remained calm and in control."*



# Testimonials

Dr Whitehouse was a guest speaker for Accelerated Global Connections, a National Networking organization in the USA and presented on how men and women have deep rooted cultural ties influencing their abilities to succeed.

The research she has conducted and lived through spoke directly to the hurdles both men and women face internally when it comes to self-beliefs and succeeding in business. The feedback from our audience was exceptional and many expressed gratitude for showing them that they are not alone and shedding light on what they can do to move past those internal cultural ties. Her vibrant speaking style, genuine passion for her topic, and the care she took to provide value to our audience was evident throughout her presentation. She was engaging, and thought-provoking all while showing pathways to moving ahead in life and business.

In my book, she is an A+ presenter! I highly recommend Dr. Anne as a keynote speaker for any corporate or business event!

*Amy Theisen  
Accelerated Global  
Connections*

I have seen Dr Whitehouse speak twice now, once to an audience of older teenage girls, and once to their parents' generation. Her thesis, although simple to contemplate, is the result of twenty years' scientific research and is invaluable to my generation (50s) in that it explains why things have gone wrong for women, and to my daughter's generation (late teens) to equip them with the tools to recognise how to deal with the female history syndrome which hitherto held us back.

Dr Whitehouse's toolkit is invaluable to the rising generation, and delivered in an erudite, yet easy to assimilate, way. The rising generation needs to know these things – and so do their parents (especially their fathers!)

*Polly Beidas  
Development and Landor Association  
Administrator,  
King's High School for Girls,  
Warwick*



# Professional Bio



Dr Anne Whitehouse is the bestselling author of 'Pull Back Your Power', a 'Legend Within' speaker, a PhD scientist turned Female Power Alchemist, FRSA and subconscious transformation expert. Above all, she is a passionate empowerer of women, dedicated to helping them achieve their full potential and success through activating their innate female brilliance.

Anne studied at Jesus College, Cambridge University, graduating a scholar and multiple prize-winner with a first class honours degree in Natural Sciences. She won the 1990 Royal Charter Prize awarded by the Institute of Metals, as the top metallurgy graduate in the UK, then went on to gain a PhD and an EPSRC post-doctoral research fellowship. By 1996 she was a high-flying University Lecturer (College Professor) in Mechanics of Materials. In this environment, she came up against the 'Boys' Club', struggled with confidence and suffered stress, anxiety and burnout, which ultimately caused her to leave her scientific career. Instead of accepting the situation, she embarked on a quest to understand what had caused her extreme reaction in a career for which she was eminently qualified and capable.

After 20 years of research, applying her scientific approach to the subconscious world, and working with high-achieving women in many professions, who had all gone through similar experiences, she developed a she developed her pioneering "Female Power Ignition System" that frees women from the toxic energies and double standards of the status quo, and opens up limitless success and confidence.

Anne works with high-achieving visionary women, facilitating life-changing workshops, talks, mastermind groups and one to one power alchemy, both online and worldwide. Anne is an expert on magnifying confidence, releasing imposter syndrome, overcoming visibility blocks, transforming subconscious blocks, and showing women how to reprogramme the power dynamic around them, by literally pulling back their power. This changes how they react to the world and how the world reacts to them - with consistent repeatable results.

*"Hold your power under pressure. Speak up confidently. Be brilliantly female."*

# Pull Back Your Power

#1 BESTSELLER

## "Magical and Utterly Compelling"

Rachel Elnaugh - Entrepreneur

**Have you ever been in a situation where you've felt invisible?**

**Have you ever found yourself expected to serve tea,  
in a room where you are actually 'the expert'?**

Did you believe that if you got an education and worked hard you could fulfil your potential, only to find yourself undermined by low confidence, anxiety, exhaustion, struggle, imposter syndrome and glass ceilings? You are not alone. Many women have experienced this. And there was nothing they could do about it.

UNTIL NOW...

Through a ground-breaking revelation of what is really holding women back, Pull Back Your Power offers aspirational women a release from the restraints that block success, so they can banish self-doubt, defeat the unconscious bias, and shine effortlessly.

**Read this book and learn how to:**

- Pull back your power in any situation, reducing anxiety and **skyrocketing your confidence**
- **Understand Female History Syndrome** – and how it could be holding you back
- Overcome blocks and glass ceilings, to be **free of old limitations** and gender conditioning
- **Magnify your power**, so you can effortlessly deal with confrontation, harassment and stressful situations
- **Thrive and succeed** in the 'Boys' Club'



"A book that packs a real punch with 'penny dropping' moments and thought provoking content."

"Pull Back Your Power is exciting, riveting reading. With brilliantly clear guidance and an engaging style that will have you hooked from the first page. It sets out precise and empowering steps for any woman who has been through the bewildering experience of being held back, blocked or thwarted in any aspect of her life or career."

"Extraordinary, magical book giving a powerful insight into why women's power can be sapped and zapped and what to do about it. Loved this book."

I love how easy to read and understand this book is and the illustrations are just brilliant! As I was reading, it felt as though the author was speaking directly to me."

"This book has truly changed my life and the lens through which I view myself, relationships and the world of work."

"It provides the (big!) missing piece of the jigsaw in female empowerment."