

“I’m on a mission to help the next generation of female leaders to build impactful ventures grounded in purpose, wellbeing and aligned leadership”.

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Gemma Bell

Business Mindset Coach



I’m a 3x HealthTech founder, advisor, and investor, with over a decade of experience in startups and high-growth environments.

I’ve raised capital, led teams, navigated uncertainty and experienced the emotional realities that come with building something meaningful.

Now, I support other women doing the same.

Why do women founders work with me?

Building a company as a woman can feel different.

You’re holding the vision, leading others, making constant decisions and often carrying an invisible layer of pressure to prove yourself, hold it all together and not burn out along the way.

That’s where I come in.

I work with female founders and leaders who want to perform at a high level while staying grounded, clear and connected to themselves.

Women I work with are often:

- Scaling their company and feeling the pressure increase
- Navigating big decisions or transitions
- Leading teams while managing their own emotional load
- Wanting to feel more aligned, confident, and in control

My style of coaching is both practical and deep.

We strengthen how you lead, think and make decisions while also working on the internal patterns that can drive stress, self-doubt or burnout.

Outcomes:

- Clearer, more confident decision-making
- Stronger boundaries and energy management
- Increased leadership presence and self-trust
- Reduced burnout and more sustainable performance
- Alignment between your business, your values and how you lead

My approach:

- Lived experience as a female founder and investor
- Proven coaching and mindset methodologies
- Emotional and behavioural transformation tools

This creates real, lasting change, not just insight, but a shift in how female founders and leaders show up and perform.

Ways to work together

- 1:1 private coaching for female founders and senior leaders
- Coaching via accelerator and cohort programmes
- Workshops on leadership, mindset, and resilience
- Fractional / embedded coaching within teams

Signature Programme

I offer a proven 6-week coaching programme called 'The Aligned Founder'. It is designed specifically for female founders who are ready to step into their next level of growth.


This programme has been successfully delivered with many founders helping them to reset and move forward with clarity and confidence.

If you're a female founder, leader, or organisation supporting women in leadership, I'd love to connect.

Book a call [here](#)

"In only 3 sessions, Gemma has given me the tools to clarify my values, set boundaries and learn how to protect my energy.

I have already started applying her frameworks and it's changing how I approach work and life".



“Working with Gemma over the past six weeks has been nothing short of transformative. Each session felt like a deep reset and re-activation of the parts of me I didn’t even realise had gone quiet.

She helped me reconnect with my founder energy in a way that felt both expansive and grounded, giving me tools to lead with clarity, courage and mastery.

Every week was filled with insights I could immediately apply. Gemma has a gift for seeing your potential before you even articulate it and guiding you into it with warmth and genuine care.”.

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***10% discount for Nexus community**