

Most Inspiring Personal Wellness Coaching Provider 2026 - Surrey

Overcoming Mountains is a wellness and lifestyle platform founded by Jennifer Watson, a Pilates teacher based in Cranleigh, Surrey. Inspired by her personal journey navigating mental health challenges and chronic illness, Jennifer created the site to share her triumphs and help others face their own life challenges. We find out more as Jennifer is crowned in the UK Enterprise Awards 2026.

Following a journey through mental health challenges and chronic illness, Jennifer Watson is a force of nature. Operating as a Pilates teacher, and finding a creative outlet through the medium of crochet, she has risen from her struggles and is now running her business, Overcoming Mountains, in the hopes of inspiring others to gain control of their lives once again.

The company first came to fruition after Jennifer climbed Mount Kilimanjaro, documenting her progress through an Instagram account and online blog. Having suffered from the chronic health condition fibromyalgia, Jennifer had recently discovered Pilates and reaped the benefits, enabling her to undertake such a mammoth mountain climb after just six months of hard work.

Feeling inspired by her achievements, Jennifer embarked on a Pilates teaching course in 2023 with the encouragement and support of her teacher, and subsequently signed up to study a Level 3 Pilates Mat Work Instructor Diploma, gaining this qualification in January 2024.

"This was the beginning of my career change from the world of accounting into one that

would work with my needs for keeping my body and mind balanced and as stress-less as possible," Jennifer explains. "Now, I offer one-to-one Pilates instruction, and teach group mat classes at my local golf club."

As well as her passion for Pilates, Jennifer had also discovered the craft of crochet and used this as a creative outlet to help bring peace and mindfulness into her world. Along with her Pilates instruction, she also takes on crochet commissions for clients too.

"I have learned that being kind, having integrity and being empathetic are some of the hardest-earned yet best traits to have," she tells us. "Long-term, I hope to have my own Pilates studio focusing on people who struggle with energy-limiting health conditions to get into exercise and find hope that they can manage their health in a holistic way."

As Overcoming Mountains is still very much a fledgling company, Jennifer is still learning about the industry and its pitfalls. When it comes to challenges and obstacles, she approaches them with curiosity, and sees

them as opportunities. However, the mental health landscape is one that she understands more than most.

With gaps in the system between what the NHS can offer, and charities trying desperately to fill those gaps, it is inevitable that some miss out. This is where Jennifer is able to step up and offer affordable access to exercise and mental health support.

As the voice of someone with a hidden disability, Jennifer has a certain level of credibility and authenticity that others with similar needs feel drawn to, as she has a better grasp of the hurdles they face on a daily basis.

"Every day is a school day and there are always lessons to learn," she elaborates. "I do not think there is such a thing as a mistake or wrong decision, if the decisions are made in good faith. If decisions made with the best possible information available at the time go wrong, you aren't really starting from square one but from experience. Experience is the one thing that no-one can take away from you."

As recognition for her own recovery, and the commitment to helping others in a similar condition, Overcoming Mountains recently triumphed in the UK Enterprise Awards and was titled Most Inspiring Personal Wellness Coaching Provider 2026 — Surrey for its endeavours.

Now currently working towards her Level 3 Reformer Diploma, Jennifer is looking forward to a bright and exciting future. She intends to search for studios where classes can be covered in order to gain further teaching experience, before investing in an at-home reformer to take on clients.

"The big dream is my own studio," Jennifer enthuses. "I would love to have a multi-disciplinary space for talking therapists, herbal medicine practitioners, massage therapists and even possibly a coffee shop to build a community of holistic support. If my story can help just one person feel better about themselves then I am incredibly happy."

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