



Do you have a problem but don't want to discuss it with friends or family? Don't stress and struggle on your own. Transforming a challenge into personal success is easier, faster and can be fun with the right help!

*Benefit from talking openly and honestly, unhindered by the constraints of familiarity or expectation.

*Understand yourself and your situation with compassion, not through harsh judgement, guilt or shame. Use this time wisely to explore what you honestly want - realize what it means to you, this knowledge is your game changer!

*Develop self awareness and gain essential self knowledge.

*Resolve conflicted thinking and emotional turmoil.

***Make confident decisions and do what needs to be done!**

I help those who are stressed, stuck or fearful to transform themselves into balanced, purposeful and confident individuals. Whether it is a specific problem or a difficult situation, I teach the skills needed for a successful outcome and coach clients step-by-step, through each personal challenge.



You can't hold the "reins" but you can have to drive. You can choose how fast or even where to go. The game is now?

You can't take 100% responsibility for what you think, how you feel, and how you behave. You can't get control over how other people and external factors affect you! This affords both the freedom and the power to BE happy. We have the ability to create a life rich with meaning and purpose, to enjoy success and personal fulfillment.

Through self-knowledge you can resolve difficulties and overcome problems with inner purpose and confidence.

Confidential, Affordable and Convenient Problem Solving.

<https://www.fheads.co.uk/x-5405>

<https://www.freedadsz.co.uk/x-540591-z>

I offer individual coaching sessions and a variety of programmes conducted via telephone, skype, zoom or in person (travel permitting).

For further details or to arrange a chat please contact Pam on 07907 663 646 07907 663 6...(click to reveal full phone number) ,
email click to contact, or
send a private message through my face book page <https://www.facebook.com/>