

Confidential, Affordable and Convenient Problem Solving.



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-540591-z>

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.

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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/>