

PAM WATSON

DIP.C.HYP/NLP. MBIH

ABOUT YOUR THERAPIST

As an accredited motivational coach, NLP Master Practitioner and certified HypnoBirthing Practitioner, she has helped many people to create positive change in the way they experience their lives.

Pam became a Clinical Hypnotherapist in 2007 and continues to widen her professional field.

As an accredited motivational coach, NLP Master Practitioner and certified Hypnobirthing® Practitioner, she has helped many people to create positive change in the way they experience their lives.....

With the ability to draw from a professional business career of over 2 decades, Pam has coached and mentored many individuals throughout this time. Having enjoyed the highs and survived the lows within business, Pam understands the importance of taking the time to reflect on your individual needs and what you truly value in life.

Pam assists others to embrace life - from the start of life, through life's ups and downs and throughout the successes; both personally and professionally.

Other training includes:-

- HypnoBirthing®
- PGA Level One Sports Coaching for Golf
- Scottish Mental Health First Aid (SMHFA)
- Applied Suicide Intervention Skills Training (ASIST)
- Spiritual Healing in Palliative Care and at the End of Life.

Pam is a member of British Institute of Hypnotherapy



MoCoH

Testimonials

" Pam is an excellent coach, she has helped me focus on my goals and as a result I have been promoted twice in the last 18 months" **Kelly Doran, Manchester**

" I have learned key communication techniques to get the best out of myself and my team. I am now a positive and focused Leader who achieves results. Book a session with Pam today its well worth it" **Mr P. Jones, London**

" After being made redundant I didnt know which way to turn, Pam helped me focus on a future that I really wanted with a plan to help it work. She also gave me some great techniques to help me control anxiety at a time of stress & change. I would certainly reccommend Pam." **Kim Smith, Preston**

" Pam is an excellent coach, she has helped me focus on success and I now have my own business - a dream turned into reality" **Steven Brown, West Midlands**