



Neuro-Linguistics.Net
Communication Creating Wellness

Pam Stone
Wellness Coach



As a registered nurse educator and midwife, Pam has been a health professional all her life with a strong interest in healthy nutrition. Although now retired from active service she remains passionate about promoting Wellness and so ensuring individuals reach their optimal potential.

She was looking for a change from Ships Nursing and got intrigued by an advert for the Neuro-Linguistics.Net Wellness Coach Certification Program which she attended and soon discovered how coaching did make significant impact and how it could dramatically improve the quality of someone's life.

Pam is a NLP practitioner and an Authentic Self Empowerment™ facilitator and enjoys implementing the various ASE processes and NLP approaches into her coaching. Her passion is to assist her clients to achieve the life of their dreams, helping them to discover what they truly want and developing ways to achieve this.

Pam focuses on:

- encouraging clients to set goals that they truly want
- assisting each individual to achieve greater results
- helping clients to focus better in order to produce results more quickly
- providing clients with tools, support and structure to accomplish all the above

Pam is available for face to face coaching in Cape Town or via telephone. She sees coaching as a process, and although many people create change for themselves in a short period of time, she believes that refining and sustaining the change may take several months. She begins the coaching process with a 3-month commitment on the part of both parties.

Fees are R1000 per month, which includes 3 sessions of 45 to 60 minutes as required, payable monthly. Included are e-mail communication or phone calls of 5 to 10 minutes between sessions as the need may arise.

Pam's Coach Certification: Wellness Coach - Neuro-Linguistics.Net, South Africa
(Recognized by the IHNLP, USA)

For bookings, please contact Pam directly:

**Mobile
Email**

+ 27 (0)822 579 774
pamstone1@mac.com