

# Turning a New Leaf

**PAM BLANCHARD**

**Certified Relationship Coach**

I'm a forever student of life, a professional, single-mother of two daughters & I'm dedicated to working with people like you to transition thoughts of resignation & despair into realization & activity.

I was raised 90 minutes north of Toronto, in a small farming community. I had hardworking parents who had limited skills or knowledge on how to provide an environment that offered stability or certainty. Parents that created living conditions where I learned to please other people to keep safe. Safety was my first priority. My solutions were necessary survival tactics, however, they were limiting and set me up for failure in almost every aspect of my adult life.

When my choices started to affect my own children's emotional stability, I knew I needed to make changes to how I saw myself and the story I was telling. I knew deep down that having full authority over my own life would provide my children a pathway worth fighting for.

I worked with a life coach and transformed the old material into something valuable. I started to realize I had the qualities, the abilities and more importantly the interest to help other people the way I was supported.

**This is why I come bearing good news!**

Through my own personal development, I learned exactly how to create safety for myself by asking for what I want. This took a lot of creative thinking. Thinking that I love sharing...the type of thinking that can help change the lives of others.

My goal is to work with you so you come to know your own truth, one that honours you and everyone else.

In addition to being an avid hiker, paddler and nature lover, I've studied Mindfulness with Dan Siegel, meditation and energy work, Application of Quantum Physics in Human Development, under the tutelage of Jean Houston, Bowen Family Systems Therapy as well as my studies at York University in Alternative Dispute Resolution.

These resources give me the skills to work with you to understand the story you're telling and to then help you transform it into something that is more relevant to who you are today. Once you move into this mindful state you will have the awareness, the confidence and the resilience to create the life you imagined...and so much more. This is good news!

I have walked the walk and I do come bearing even more good news. Within a few sessions you will begin living a new story.

