



Customer Testimonials

Pam helped us change how we see the challenges we face, developed **strategies for resilience, boosted our positivity** and we had a good laugh along the way.

Cat Thornton, Head Teacher

When the going gets tough and it's a struggle to function with any sort of clarity, Pam is able to lift my spirits and help me and my staff to recognise our achievements and build strategies and a mindset to get stronger. **Very simply when she leaves our building the rain clouds have gone and the sun is shining once again.**

Justine Drury, Founder & Principal - Channeling Positivity AP Free School

'Pam understands the context and climate in which we work, and **makes a unique, bespoke, and creative contribution to events** we host in our journey to deliver high quality services'

Graeme Green, Operations Manager – Mental Health and Longer Term Services

"Pam provides a real personalised offer which never fails to deliver sessions which our staff tell us are engaging and insightful, **everyone gets something of value out of their time with her**".

Sarah Collis, Director of Self Help UK

Organising Pam's training day for our Head Teacher group was really easy and it was a great day that **helped all the Heads who attended.**

Stuart Edmonds, Head Teacher

'...Pam's input to our 'Wellness in Mind' launch event was invaluable. Pam was involved right from the beginning up to and including on the day. And **using her considerable experience instinctively understood** what we were trying to achieve and how best to get our message across...'

'...Pam gives so much more than 'dial-a-speaker'. **Pam engaged fully with us** and quickly became a key part of our delivery team...'

Taz Foster, Team Leader – Moving Forward Nottingham

Thank you for a **positive, engaging, thought provoking**, informative day!

Delegate at 'Wellness in Mind'.

Thank you so much for a fabulous day. **Everyone was buzzing afterwards** and we all feel we have practical steps to take to make life a little easier.

Jane Cappleman-Jackson, Head Teacher.

After Pam left the buzz around the group was about her presentation and it left a good feeling. You see a s--- day can change to a better one!!!! **Even the boring AGM became enlightened.** Seriously though, a very big thank you.

John Simmons, Chair Derbyshire Healthwatch Board

Pam really makes a difference! I'm more confident and decisive and I'm actually making my dream career come true.

Rob Clapham, Personal Trainer

Pam's energy is mesmerising, it carries her messages, tools and techniques into your heart and head. Her empathy for our midwife group and her ability to relate to our needs, as fellow humans, made me sit up straight and take on board her ideas for self-care and developing my resilience.

"STRONG and POWERFUL" have replaced "WEAK and FEEBLE". Pam talks sense! **Everyone needs Pam** – allow her to transform you!

Lin Ryan, Lead Midwife Clinical Educator

"Pam's talks are **lively, engaging, hugely entertaining, purposeful** and absolutely pitched at the right level. Very quickly she empowers her audience with the ability to tackle challenges with a confident 'can do' attitude.

Her workshops leave everybody **uplifted, energised and more in control** of the way they approach life's hurdles.

Adrienne Allcock, Head Teacher, Chair of Heads Count

