

Life coaching Testimonials

"Miriam has helped me with my business and life goals, Another boost to my confidence! I can see clearly my 'hang-ups', looking forward to working on them."

Brian

Has re-boosted my self esteem and reaffirmed anything is achievable if I really believe it."

Vicky

"This self development course has helped me to focus on positive thinking. Thank-you Miriam it has changed my life. Great food for thought for anyone who is not happy in any area of their life."

Julie

"Thank-you for all your help you have given me and all my family. I feel so much better."

Kerry

"Thank-you Miriam for helping me gain confidence in myself. I have never felt so positive.

Clare

"I have learned to have faith in myself."
Better understanding of myself.
Awareness of emotions/ how to deal with them positively."

Lynn

Miriam Drugan runs her life coaching and complementary health business based in Hethersett, Norwich. Miriam is an accredited life coach with over 10 years experience in the field of self development.

Miriam is passionate about helping people reach their true potential and live a fulfilling life. She will work along with and motivate you to overcome obstacles that stand in your way and celebrate your successes.

Life coaching will help you clear the clutter in your life and leave you feeling happier and more content.

Miriam will teach you Positive thinking skills to over-ride any negative beliefs you may hold about yourself. This is the key to real positive change.

**Invest in yourself,
you' re worth it!**



natural holistic therapy

aroma healthcare

Holistic life coach

Bridging the gap between where you are and where you want to be!

Are you lacking direction and focus in your life?

Feel bored , stuck in a rut ?

Need more self confidence?

Want to find a balance and contentment in your life?

Contact Miriam

T: 01603 811486

M: 07881 945114

www.aromahealthcare.net

What is Life Coaching?

Life coaching is not counselling nor therapy but a process to take you from where you are to where you want to be..

Life coaching will help you manage changes in your life and overcome personal challenges you may be facing. It will enable you to set achievable and sustainable goals in any area of your life. These are some of the areas life coaching can help.

Stress Management

Finances

Work / life balance

Time management

Weight management

Lifestyle / Health

Relationship issues

Confidence / self esteem

Career planning

By defining what it is you want from your life we work together to make this your reality.

Fear is the number one barrier to success! By overcoming our fears we can work toward creating the future we desire.

Sometimes we lose our way and need guidance to get back on track!

The first and most important step toward success is the feeling that we can succeed.

Nelson Boswell

Miriam incorporates a variety of powerful tools and techniques including NLP to help overcome feelings of fear and self-doubt.

*Call for a free chat to see if coaching is for you.
01603 811486
Mon-Fri 9-5pm*

Services and Prices

There are various methods of life coaching. These include one to one sessions, by phone or via e-mail.

One to one sessions are

40 min £30

Over the phone 30 minutes ~£25

Client is liable for their phone call charge.

E-mail £150 per month

This may suit those of you who find it difficult to fit in one to one coaching into your busy lifestyle. You will receive unlimited support via email.

One day workshops for 6 or more people £30 per candidate

10-4pm

You are assured that all coaching sessions are treated with strictest confidentiality.