



# Pam Shergill

**BREAK-UP COACH  
CERTIFIED PERSONAL LIFE  
COACH, SPECIALISING IN 1-1  
COACHING WITH WOMEN WHO  
HAVE GONE THROUGH A  
DIVORCE OR BREAK-UP**

## **SPEECH TITLE**

“From fear to freedom”

## **SPEAKING TIMES**

Thursday: n/a

Friday: n/a

Saturday: 10.45 - 11.00

**DIVORCE FAIR**  
2020  
**SPEAKER**



*EmpowerMe Coaching*



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**WEBSITE LINK**

[www.empowermecoaching.co.uk/](http://www.empowermecoaching.co.uk/)

## **BIO**

Pam is a Personal Development Coach and CIPD Trainer, with over 15 years of experience in corporate coaching and development. She has supported individuals and teams to achieve a variety of personal and professional goals.

Pam combines her corporate coaching expertise with her own experience of two divorces, to now help women who have gone through a divorce or break-up. She knows only too well about the emotional rollercoaster of heartbreak, with feelings of fear, loss, anger, guilt and betrayal. Pam's mission is simple; to help women overcome the heartbreak of a break-up, and empower them for the journey ahead. She is passionate about helping women move from a fear mindset to that of freedom, through one-to-one coaching, workshops and online training.

Pam also works as a Coach in secondary schools supporting Year 11 children with communication, confidence, resilience and self-awareness. More recently, Pam was accepted to mentor women in business through the Cherie Blair Foundation, an organisation which supports women entrepreneurs in developing and emerging markets.