

Find Clarity, Confidence & Self-Awareness in Times of Personal Challenge

Pamela Meyer, LMFT LifeAlign® Coach, Consultant, Speaker



Pam shares practical and powerful strategies addressing central issues that impact so many women: overwhelm, stress and challenging transitions at home and at work. She focuses on helping women find clarity, confidence, and self-awareness so they can build resilience and create a life they love.

Pamela's Talks, Workshops & Programs for Personal & Business Success

Managing Life in A Chaotic World ~ Empowerment Strategies for Women

Find new strategies to live well, work effectively and feel good in the middle of uncertainty. Shift from stress and overwhelm to self-care, mastery and joy. Take new actions to develop self-awareness, clarity and confidence to powerfully engage with whatever may be unfolding in your life.

How to Fall Off a Cliff and Land on Your Feet

Personal reflections on dealing with cancer, loss and disappointment. Learn how to create positive perspectives and outcomes, no matter what. Develop your capacity to work skillfully in the midst of life's most challenging experiences.

Circles of Support

Pam currently runs multiple *Circles of Support for Women*, which focus on a range of topics essential to women's well-being. She is available to facilitate small confidential circles in support of the women in your organization.

About Pamela Meyer

Pamela Meyer is a professional life and business coach, consultant and speaker based in the San Francisco Bay Area. She studied at Stanford University and SF State and has been licensed as a therapist in California for over 30 years, helping individuals, couples and families resolve the central concerns of their lives. She ran a human services non-profit for over a decade, serving low-income families in crisis. Pam passionately holds a longstanding commitment to service, reducing suffering and helping people find new possibilities and opportunities in their lives.



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Live a Life You Love, No Matter What