

Pam White of Insight Coaching to be Featured on CUTV News Radio

SHARON, CONNECTICUT, USA, May 18, 2015 /EINPresswire.com/ -- Pam White is a Professional Certified Life Coach and the founder of Insight Coaching, where she works with clients to increase their effectiveness and unlock their creativity.

"I want to help you clarify your goals and personal vision so you can do what you love and love what you do," says Pam. "I think of myself as a spiritual personal trainer. My years of study in meditation and my life as an artist have allowed me to see how our belief systems inhibit our awareness and creativity. I find where you don't believe in yourself and don't know who you are and I address that with a thousand different strategies. It's different for everybody."

Pam says Insight Coaching is all about discovering our most authentic self. She believes we are all artists. Everything we choose to do or think or watch is like the colors of a painting, the steps of a dance. Our ability to listen to our inner voice – the voice of wisdom and knowing – is key. With heart-



centered tools and strategies, Pam has helped countless individuals live inspiring and fulfilled lives.

"My clients are really smart. They are on a spiritual path as well as a life path and their journey is very important to them. They want to fulfill themselves," says Pam. "My clients are an inspiration to me and a reminder that we are all capable of leading incredible lives."

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Pam has spent over 35 practicing Vipassana meditation. Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation, a means of self-transformation through self-observation. As a writer, photographer, painter, poet. Pam says she understands process.

"Just as in art, the choosing of a color or a shape has to be organic. It's the same thing with asking the right question," says Pam. "It's about how your mind and body work together. If your mind and spirit and body aren't connected: psyche, spirit, soma – if that isn't in a correct relationship, you're not going to succeed."

"I know that my strategies work from my own experience and from others who have given me the opportunity to assist in opening their own doors," says Pam. "It is an honor to be a guide of the spirit, a nurturer of the seed, a lifter of the veils we use to hide our shame and our great light. There are a lot of people looking deeply into themselves and into their lives and I'm proud to be part of that process."

CUTV News Radio will feature Pam White in an interview with Jim Masters on May 20th at 10am EST.

Listen to the show: <http://www.blogtalkradio.com/closeuptalkradio/2015/05/20/cutv-news-radio-spotlights-pam-white-of-insight-coaching>

If you have a question for our guest, call (347) 996-3389.

For more information on Insight Coaching, visit <http://www.pammwhite.com>

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