



A Coal Miner's Daughter

Carol Rigby

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As a Coal miner's daughter I am focused on lifting and inspiring mothers to be the best they can be. I am a mother of six wonderful children, I know how hard it is to feel inspired day after day, my children have all done well in spite of the limited knowledge and ability in my early years of mothering. My family are my treasures, they are the jewels in my crown. When I was 35 years old and could not speak up for one of my children at school and went away feeling totally helpless and worthless. I knew then that I had to do something to improve my confidence and assertiveness. Since that time I have studied many personal development books, I have qualified as an NLP practitioner and I have become a writer of books about how we can improve our lives and become the best we can be. My desire is to make a difference to the world by lifting and inspiring people to become all they can be by changing a little each day.



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