



# MELISSA HOLMAN

*Life Coach &  
Registered Aromatherapist*  
**BIO**

*Melissa is a Life Coach and Registered Aromatherapist who holistically steers women to step into their power and own their best lives without fear. Many of her clients are experiencing an inability to connect with their intuition and feel lost.*

*Her propensity for considering mind, body, and spirit when approaching every area of life sets her apart in the coaching world and her skills in Aromatherapy add a layer to her practice that makes it tangible for her clients to experience the power of essential oils as well as creating lasting habit change and a transformed life.*

*She walks beside her clients in a non-judgmental and caring space which allows each person to fully show up, be vulnerable, and this promotes incredible rapport.*

*She is the host of Aromatic Chat where she interviews other Aromatherapists to help increase their footprint in the online space.*

## CONTACT DETAILS:



[Website](#)



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[Instagram](#)



[Linked In](#)



[Vimeo](#)

# Lemon Balm Coaching

## Holistic Coaching for a Whole Life

### SUGGESTED TOPICS

Melissa has a wealth of lifetime experience to offer and discuss. Here are a few of the areas that has intersected with her life:

- Childhood Trauma- how to thrive despite the past
- Blended Family- how to step into your new role with confidence
- Unemotional Wrecks- how alexithymia can be a good thing
- Menopause, Anxiety & Withdrawal- let's walk through this Aromatic journey together
- Abduction- Surviving the unimaginable
- Destructive Habits- When staying says it's OK

### SAMPLE QUESTIONS

- When someone is disconnected with their own emotions and intuition, how can they maintain a healthy attitude?
- When someone struggles with anxiety, what are some tools and habits that can help them move toward a state of ease?
- What sets you apart from other Life Coaches?
- Why do you believe it is important to approach Coaching holistically?
- How is it possible to maintain a positive outlook during these trying times?
- How can I remove myself from toxic relationships?
- How is it possible to function when your child is missing?

### HOBBIES & INTERESTS

- Reading
- Hiking/Walking
- Quilting
- Quoting movies
- Being goofy
- Laughing at myself
- Drinking Scotch
- Loving on Boonie Dogs

