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## Kim Darroch (she/her)



Wellness Coach

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Kim Darroch is a National Board-Certified Health and Wellness Coach with a degree in Psychology. She is passionate about helping others create positive habits and lifestyle changes. Her approach to coaching is one of empathy, optimism and trust in your ability to change. She looks forward to being a part of your journey!

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### Links

[1] <mailto:kdarroch@unc.edu>