



**SAPPHIRE LIFE COACHING**  
PO BOX 48092  
LONDON  
SE28 0XS

### Introducing Sapphire Life Coaching



At Sapphire Life Coaching, we aim to improve the well being of individuals and professionals including salespeople, consultants, trainers and business owners. We can transform your life using proven techniques that will help you achieve your life goals, change your mindset and your way of looking at life to make your personal and professional aspirations become a reality. Coaching sessions can be conducted face to face or over the phone and will generally last for one hour (prices start from £50 per hour).

### Contact Us if You Want Help With:

- Achieving your personal, professional and financial goals.
- Weight Loss & Food Cravings - We have a unique weight loss programme using Neways products. Along with a change of mindset we can teach you how to change your internal representation of food and help you to lose weight.
- Changing Beliefs & Increasing Motivation - We look at changing your beliefs so that you have a positive and resourceful outlook on life. Get the tools to become motivated and achieve your goals. Create a 'can-do' mentality and change the way you think about yourself and others.
- Career Choice - Are you undecided about your career choice or do you want to increase your income? We can help you with that.
- Successful Meetings - Find out how to increase your sales in the workplace, build rapport with clients and colleagues plus have successful meetings and negotiations.
- Building Confidence - Realise your self worth, generate more vitality and energy.
- Removing Phobias & Reducing Anxiety - We can help in overcoming phobias and remove unwanted fears. Learn how to change undesirable behaviours.

### Sapphire Life Coaching Techniques and Products Used

- NLP is a practitioner lead process used as part of life coaching that enables a client to alter their mindset and change their life to how they want it to be. Time Line Therapy™ is a collection of techniques that allow you to gain emotional control over your life and is useful for removing negative emotions.
- We teach EFT techniques so that a client can stimulate well established energy meridian points on their body by tapping on them with fingertips. It is an excellent source on eliminating food cravings and assisting with weight loss.
- Prothin® Weight Management products (from Neways International Ltd), can be used alongside life coaching to help with weight loss and promote general well being. ProThin® is not about individuals starving themselves or following an extreme eating plan but is designed to fit into a busy, fast-paced life and provide long-term, life-changing results. The Neways International Ltd range also includes vitamins, food supplements, sports and aromatherapy products.

For further details please contact: Desiree Edwards Life Coach and NLP Practitioner  
[desiree@sapphirlifecoaching.co.uk](mailto:desiree@sapphirlifecoaching.co.uk)

TEL: 020 8311 0669 MOB: 07786 900905  
EMAIL: [INFO@SAPPHIRELIFECOACHING.CO.UK](mailto:INFO@SAPPHIRELIFECOACHING.CO.UK) WEB: [WWW.SAPPHIRELIFECOACHING.CO.UK](http://WWW.SAPPHIRELIFECOACHING.CO.UK)