

Your Career

Sometimes we need to find ways to improve the career that we have and need a little help with finding out what our true calling in life is. There are many paths to get the career of your dreams and be in control of your destiny. Imagine having the confidence and motivation to change your career or further develop your existing one.

Do you feel valued in your workplace and receive the respect that you deserve? Are you appreciated for the role that you perform within your organisation? Feel empowered and learn new skills to help you achieve the lifestyle and salary that you want. Sapphire Life Coaching can help you achieve your career goals and function at the highest level within the work place.



Contact Us if You Want Help With:

- Changing careers and identifying your true calling
- Communication with your superiors and colleagues
- Gaining respect from your peers
- Handling difficult situations such as asking for a pay rise
- Resolving conflicts
- Time management and creating a strategy to work effectively
- Increasing confidence to get a new job and perform well in interviews
- Setting career and financial goals
- Identifying your core skills and talents
- Getting the results you deserve
- Negotiation skills

Sapphire Life Coaching Techniques

- 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 (Emotional Freedom Techniques) which is an emotional version of acupuncture without the needles. Instead a person can stimulate well established energy meridian points on their body by tapping these points with their fingertips.

Live Your Life, Life It Well!