

Your Emotions

We are always experiencing some type of emotion or feeling. Our emotional state varies along according to what we experience throughout the day and due to the stimuli that we receive. However, we may not always be conscious of it; that is to say, we may not know or express with clarity which emotion we are experiencing in a given moment.

Do you sometimes feel angry and frustrated and are unable to put your finger on the reason why? Your emotions can impact on your relationships with others and affect how you are perceived. Blockages and unresolved emotions can prevent you from being who you want to be and stop you from achieving your life goals. Difficult emotions from your past can affect your health if not dealt with and generate negative emotions in your current day to day life. Sapphire Life Coaching can help you understand your emotions and their impact on your day-to-day life.



Contact Us if You Want Help With:

- Dealing with anxiety, anger, stress, worry or frustration
- Improving your confidence and self esteem
- Eliminating negative feelings you may have about yourself, others and situations in your life
- Understanding the impact of your emotions on your day-to-day life
- Feeling empowered and learning how to bounce back from set backs
- Becoming an effective communicator and handling stressful situations
- Learning to be good to yourself and creating a positive state of mind
- Removing phobias, anxiety, stress and panic attacks
- Dealing with problems or challenges that you currently have

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!