

## Your Family and Friends

Friends and families can act as a foundation from which we build successful lives. Families in themselves are the core to a successful society and your relationships with your relatives can affect how you are in the outside world. Your interaction with friends and family can impact how they perceive themselves. For example, creating a positive environment, for children, is a key factor in building their self esteem and self belief.

There are many ways to improve the relationships that you have with your family and friends. Learn how to improve relationships by better communication and gain the confidence to approach difficult issues and say what you really feel. Sapphire Life Coaching can help you to improve relationships with family and friends by giving you the tools to resolve emotions, handle any conflicts and improve your communication methods.



### Contact Us if You Want Help With:

- Creating and experiencing joy as a family
- Having the confidence to meet new people
- Improving relationships with friends and family
- Resolving conflict and old emotions
- Being relaxed around friends and family
- Making new friends and strengthening existing friendships
- Improving communication and seeing a situation from another persons point of view
- Dealing with negative emotions i.e. anger, worry, frustration and stress

### 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!**