

Your Health

Is your health as good as it could be? Are you aware of the impact that emotions such as anger, stress and anxiety can have on your health? The link between your mind and health is well documented along with the power that we possess to have one area impact on the other. You can achieve better health by understanding how powerful the unconscious mind is and how your internal emotions affect your physical health.

At Sapphire Life Coaching we take a practical approach to improving your health by working on the mind, body and soul. Losing weight is often about a change in mindset rather than eating less and going to the gym. If you have an emotional relationship with food it can affect your eating patterns and make conventional dieting ineffective. In our unique Weight Loss Management programme, we have access to trained Nutritionists and Personal Trainers to work with you to achieve optimal health and fitness as well as tackle your relationship with your health.



Contact Us if You Want Help With:

- Achieving your personal health goals and eliminating limiting beliefs on health
- Weight loss & food cravings – use our unique Weight Loss Programme using Neways products
- Changing your mindset and your internal representation of food to help you lose weight
- Altering your resistance to exercise – we can generate more vitality and energy and stamina using EFT
- Overcoming phobias and remove unwanted fears
- Changing undesirable behaviours
- Becoming energised and healthy

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.
- Neways products are used as part of our Weight Loss Management Programme and to promote general well being. This range of environmentally friendly products includes vitamins, weight loss meal replacements and aromatherapy oils

Live Your Life, Life It Well!