

## Your Partner and Relationships

An important area of any relationship is the closeness or intimacy that exists between partners. This includes sexual intimacy but also romantic intimacy. To give your all in any relationship, you need to be able to love yourself so that you can love others. Removing any limiting beliefs or preconceptions about yourself and others can help you achieve the love that you want. Building a relationship based on honesty, trust and integrity is what you deserve and is ultimately achievable.

How would you describe the closeness or intimacy in your relationship? Would you consider this an area that could be improved? Take the time to find out what you want from a relationship and what you are willing give to one. Sapphire Life Coaching can help you if you would like to strengthen your existing relationship or find a new partner that is right for you.



### Contact Us if You Want Help With:

- Strengthening your existing relationship and finding inner peace
- Improving your chances of finding the right partner for you
- Overcoming difficulty in approaching people because of shyness
- Creating strategies to help you bring true love into your live or more fulfilment to your existing relationship
- Building your confidence after a relationship break up or divorce – learning how to move on
- Improving your confidence, communication skills and self esteem
- Dealing with unresolved issues from previous relationships
- Identifying your core values and strategies for a successful relationship
- Dealing with jealousy, a lack of commitment, infidelity, loneliness and rejection
- Gaining confidence to meet new people and start dating again

### 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!**