

Personal Development

Are you afraid to learn new skills? Do you find that when you take on new challenges you feel less sure about yourself and your abilities to achieve them? Would you like to be motivated and inspired when you really need to be?

Personal development is about enjoying your life while making conscious decisions on a daily basis about everything you do. It is about having more control of your own actions and emotions and staying motivated no matter what situation or environment you are in. Personal development teaches you how to become more productive and effective in all areas of your life and shows you how to maintain focus on what really counts in all aspects of your life. Sapphire Life Coaching can help you become true to yourself and understand what your desired purpose in life is.



Contact Us if You Want Help With:

- Becoming more confident and proactive rather than reactive
- Increasing your energy and self esteem
- Eliminating negative feelings you may have about yourself, others and situations in your life
- Clarifying your aspirations and setting some realistic and achievable goals
- Understanding why you do what you do – what motivates you?
- Coping with stress and overcoming failure
- Expressing your feelings
- Learning strategies on how to make better decisions
- Loving yourself and others

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!