

Your Spirituality

Spirituality is a personal thing and means different things to different people. It is the 'unseen, omnipresent force that is a part of us all and all of us are part of what provides us strength and comfort. For some of us the spirit is God or Allah, for others it is sister-mother, and still for others it is simply Spirit' (Body & Soul - Linda Villarosa).

Create a peaceful environment where you can get in touch with your inner self. Examine the impact of your spirituality on your health and general well being. Learn to trust your judgement, expect the best for yourself, and free your mind. Sapphire Life Coaching can help you learn to become more centred with your conscious and sub conscious mind acting in harmony.



Contact Us if You Want Help With:

- Restoring vitality and well-being
- Developing inner peace
- Being fulfilled
- Creating joy and love through living
- Finding your unique purpose in life
- Learning to tap into your spiritual self
- Keeping the commitments that you make to yourself
- Forgiving yourself and others
- De-cluttering your mind
- Learning to let go of fear, worry and anxiety

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!