

I did SARAH'S COACHING COURSE and

LOVED IT

SHE HELPED ME with the DEVELOPMENT of a BOOK I have been WANTING TO CREATE FOR YEARS

She asked me to record a video about our 6 month journey but I was too shy, so I'm using the skills I've been working on with SARAH to let you know why I recommend this COURSE! ★

2. AS someone who works intuitively and without strict schedules, I loved how flexible Sarah was with what we worked on and when. She went deep into topics when they felt most relevant, and gently led me into taking breaks when I needed them

1. SARAH is great at creating a safe & supportive environment in which you can explore your skills, strengths, talents and creative direction AS WELL AS any fears + long-held beliefs which might be holding you back

3. It is SO nice to have a sacred space in the week to focus in on your goals and progress with someone who genuinely wants you to succeed!

4. It's absolutely amazing what you can discover about yourself with someone like SARAH guiding you



5. Now that I have finished the course, I still find there are days where I can hear Sarah cheering me on and reminding me about key things like trusting my intuition, noticing judgment, being kind to myself, valuing my many gifts... and so much more.

6. SARAH helped me to radically redefine my ways
★ of seeing certain things. For example,
★ I no longer label some days as
★ 'unproductive'. I have come to realise that
★ my downtime or
★ 'thinking days' are absolutely valid and that this pressure we often feel to achieve and be 'productive' frequently gets in the way of our own dreams becoming a reality

8. I absolutely loved that SARAH wove mindfulness and visualisation into the course

7. For me, signing up for the course symbolised FULL commitment to my book project, which was really important

9. SARAH's course is uniquely bespoke and therefore her input and cheerleading is 100% genuine and beautifully human. I looked into other coaching courses online but so often they had a corporate or businesslike feel to them which I couldn't relate to. Sarah is such a warm, creative, inspiring & wise person, and I love how down to earth and intuitively connected she is.

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YOU DESERVE TO SHINE

and SARAH can help you to celebrate and harness the power of your light ♥