

Can you afford not to have a personal coach in your life?

Get set for success!

Think big and dare to dream!



"You cannot teach a man anything, you can only help him to find it within himself"

...Galileo

"Nothing in life is to be feared. It is only to be understood."

...Marie Curie

Testimonials...

An Amazing You

"Sandra's approach was very comfortable and relaxing. I felt open to discuss anything without being afraid or worried about being judged. I discovered that I can change my life...today"

...Jackie

"Some of the issues that I discussed with Sandra were intensely personal and I felt supported and not judged at all and soon began to realise that I have the ability to deal with situations as they arise, in a more positive way."

...Debbie

Sandra's coaching helped me learn a lot about myself and I am now able to define what I really want. I am feeling much better about my future and recommend Sandra's life coaching service to anyone who wants to improve their current situation."

...Michael

**Sandra Ryan
Life Coach**

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Grow to be...

An Amazing You

When you live to your full potential

Offering

- Private Life Coaching
- Performance Coaching
- Time Line Therapy®
- Clinical Hypnotherapy
- Teen Coaching
- Couples Coaching

What is Life Coaching

An Amazing You

Are you unwilling to settle for anything less than the best you can be?

Are you ready to move beyond your fears and limiting beliefs?

Are you committed to making a change?

We will work together to create a vision of your ideal life.

We will create specific goals to move you towards your ideal life.

You will move beyond the limiting beliefs that have held you back.

Life coaching is about helping you close the gap between where you are and where you want to be.

Life coaching is about seizing the power within you and using it to design your ideal life.

Life coaching is about achieving and living your potential.

For more than 20 years, Sandra Ryan has been involved in personal development and mentoring people to become peak performers.

What began as a personal growth phase to overcome issues, soon became a way of life with the benefits to be shared.

Sandra has been involved in Volunteer and Charity organisations for most of her adult life and has a passion for people gaining the most from their lives.

This passion has been enhanced since studying and practising Life coaching, Time Line Therapy®, NLP and Clinical Hypnotherapy.

I invite you to have a conversation like no other!

By working with a life coach, you are making a commitment to yourself to achieve even more from your life right now. You will be investing in your most important asset - You!

Performane

Motivation

Transformation