



Sara Davison's

**EMPOWERING LIFE
INSIGHTS**

Empowering Life Insights

1. Clarity gives you power.
2. It is not what happens to you in life that defines you. It's what you do about it that makes you the person you are.
3. Adversity can create your biggest strength.
4. Dream BIG!
5. Small steps every day lead to huge leaps forward.
6. Identify your purpose.
7. Ask a better question.
8. The quality of people you surround yourself with directly impacts the quality of your life.
9. What you focus on you attract more of.
10. It's ok to be you.
11. Shine your light brightly.
12. Everything happens for a reason and serves a purpose.

Our Products



Heartbreak to Happiness Online Breakup Support Groups: An affordable way for people dealing with breakup or divorce to cope better with the emotional rollercoaster and the practical challenges they face. Eight sessions a week available all hosted by my team of Accredited Breakup and Divorce Coaches via Zoom.

www.saradavison.com/coaching/heartbreak-to-happiness



One to One Coaching: The ultimate in breakup support, my Accredited Coaches can help you: dial down negative emotions; banish heartbreak, navigate the divorce process, co-parenting and support for your kids; manage conflict; deal with an abusive ex partner; let go of your ex and move on and create a future you're excited to live.

www.saradavison.com/coaching/find-a-coach

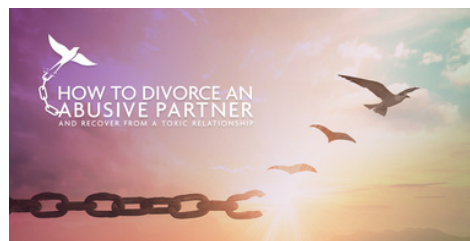


Train to become an accredited Breakup and Divorce Coach: Our Breakup & Divorce Coaching Accreditations enable you to coach men and women to cope better with any breakup. We provide you with a tool kit of highly effective techniques, strategies and concepts to support clients with the emotional rollercoaster and also the practical challenges they face. www.saradavison.com/coach-signup



Breakup Recovery Retreat: The fastest way to get over your breakup. Spend a weekend learning with Sara and start feeling happy again. 3-4 June 2023, Ashdown Park Hotel, East Sussex.

www.saradavison.com/coaching/breakup-recovery-retreat



Online Retreat - How to Divorce A Difficult Partner And Recover From A Toxic Relationship: an empowering and uplifting retreat designed to help you take back your control, cope better and start feeling happy again. Includes five live webinars with Sara, action plan, workbook, online video programme and support group. Starts 27 April 2023.

www.saradavison.com/coaching/toxicrecovery

FOR DAILY ADVICE AND TIPS PLEASE FOLLOW ME ON:



@saradavisondivorcecoach



[linkedin.com/in/sara-davison-742b453](https://www.linkedin.com/in/sara-davison-742b453)



@saradavisondivorcecoach



SDDivorceCoach



sara@saradavison.com



www.saradavison.com