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NEWS

Life Coach & Motivati onal Speaker Sabina Prempe h- Arbuah Inspires Many





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With Her Powerful Story

Today we'd like to introduce you to Dr. Sabina Prempeh-Arbuah.

It's an honor to speak with you today. Why don't you give us some details about you and your story. How did you get to where you are today?

The pleasure is mine. Thank you for the opportunity!

I am a certified Life Coach on a mission to help others discover their self worth, value, embrace and live a life of purpose and fulfillment. I will help you clarify your vision and goals and work towards transformational impact. Many who know me today might find it hard to believe, but I was extremely shy as a little girl and always wanted to hide and disappear into the shadows. There were also some life experiences I encountered in high school that exacerbated the situation and made me feel and think less of myself. However, I had an encounter with God that changed my life, perspective and everything I believed in. I would love to share all the details here but due to time constraints I would just share that with my transformation, I began to see myself in a different light – I discovered my purpose and began to live life on purpose.





Since then, and over the years until today, I have been on a mission to help others embark on a transformational journey providing counseling, coaching and mentorship in relationship, empowerment, confidence, career, music and life purpose coaching. With these coaching services, I help my clients see their value, identify hindrances, overcome and breakthrough obstacles, many of which gained root through life experiences. My clients embark on a transformational journey that yields measurable results, gaining clarity, understanding their purpose and embracing the future with fulfillment and determination.

I'm sure your success has not come easily. What challenges have you had to overcome along the way?

Not at all. The road to success is not a smooth sailing path – I do not know one successful person who has not endured hardships or had bumps in their journey.

I have dealt with those who made me feel less adequate and not good enough on particular skill sets I showcased. However, I found out that those were actually areas of my greatest strengths. I have experienced rejection and disappointment in areas where I expected support but have learned through it all that the passion and dreams that keep me up at night are God-given and for that reason, would have to come to fruition in one way or another. My encouragement to others facing challenges or struggling in a particular area is **DO NOT GIVE UP**. Trust in God, put your faith and Hope in God – you will be connected with the people necessary to help fulfill your dreams. Remember that no condition is permanent.



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My Advice: Set goals of what you plan to attain, or what you are working towards. Endeavor to work diligently, breaking up your goals into smaller achievable milestones and you will be able to track your progress along the way. It helps you stay motivated and on task to attain results.

Let's talk about the work you do. What do you specialize in and why should someone work with you over the competition?

As indicated, I am a certified Life Coach, inspirational and motivational speaker and a brand ambassador. I am also the host, and executive producer of an inspirational series known as "The Dominion Series" which is a series tailored to bringing encouraging and uplifting content to our viewers and listeners.

The series currently airs on radio and TV. We currently also share episodes on our YouTube Channel; SabinaMusic-DominionTV and encourage your readers to check it out.

In the challenging times we live in, it is critical we hear messages of hope and good news that strengthen, and ensure our healthy well-being in body, soul and spirit and cause us to remain positive.

I am also an international recording artist and songwriter. My music is available on all digital media outlets and through my website Website: www.sabinamusic.org.

In the corporate space, I am an executive business advisor providing consulting services in the area of Business Strategy & Development, Financial Planning & Analysis, Project Controls and Financial Management, incorporating Agile





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methodology/SaFe Scaled Framework approach for optimal results.

Why work with me as a life coach?

I am passionate about providing a transformational, practical and yet personal approach in my work. The methods utilized come from both professional and personal life experiences, with various client success story testimonials confirming it. I am able to honestly share what I have seen work and what has failed. I also believe getting to know my clients at a very relational level as family also sets us apart.

What's your best piece of advice for readers who desire to find success in their life?

Never give up on your dreams, your passion and your life goals; No matter how challenging things may seem at a time.

Celebrate every seemingly small achievement – This is the driving force to keep you motivated to fulfill your life's purpose and achieve success. Your passion, dreams and purpose is what will keep you feeling fulfilled to keep moving forward.

Whenever, you face a roadblock, take a step back and "Rest & Reset"(I like to call it the "R &R").

1. REST – Step away, take a break; spend some quality time away at your happy place; at the beach, gardening, with family or whatever it may be for you.

2. RESET – With a fresh perspective from the break, begin to take a journey down memory lane to outline all your accomplishments thus far, and with that look at what can be done differently to continue to forge forward.





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Remember, whenever there is a roadblock, there is always a detour – an alternate route so keep moving!

Speaking of success, what does the word mean to you?

Success to me means fulfillment. Discovering your purpose and working daily towards attaining it brings fulfillment.

Many may define success as probably buying that mansion, that dream car, having millions of dollars in the bank etc. All those are good things, however, I believe it is possible to have all of that and still lack peace, feel unhappy, empty and unfulfilled. In my personal opinion, purpose and fulfillment comes from touching and impacting other lives.

What's next for you?

We have actually just launched an exciting online self-paced course on “Understanding & Interpreting Your dreams”. Let me reiterate that it is “self-paced” and “access-on-demand”, so you can access it anytime and complete it at your convenience.

I encourage you and our readers to check it out and sign up at the special limited time promo rate we are currently running.

Here is a link to sign up now at the promo rate:
<https://sabina-s-school-d672.thinkific.com/courses/the-mystery-of-dreams-understanding-and-interpreting-dreams>

You can also access this and other great transformational resources at our website:
www.sabinacoaches.com





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At **Sabina Coaches**, we offer transformational change through life coaching, relationship, career and executive coaching. We also provide agile coaching, business strategy, and financial consulting services with virtual option capabilities. We help our clients breakthrough the obstacles that seem to be holding them back in relationships, career and business, and aid them in discovering life's purpose. Our passion and intentional transformational outcome is to ensure that our clients discover purpose, attain clarity, achieve goals and realize their passions.

I strongly believe that every one of our readers (including you), was created for a reason, and have a purpose to fulfill. Life is too short to be unhappy, unsure or unfulfilled. I believe there is someone out there; actually countless people that we can impact positively in this world. However, it starts with first walking into your own place of authority and discovered purpose. When there is clarity and direction, it is easy to point and guide others in the right direction.

Get in touch today

at www.sabinacoaches.com and I will be happy to chat, guide and help where you feel stuck to develop better ways to handle the issues standing in the way of achieving your goals!

New E-Book

I have also just released a new book! "**5 Ways to Unleash Your Inner Confidence! Debunking the Imposter Syndrome**" In this book, I provide practical and attainable steps that confront, debunk and dispel the myths of the imposter syndrome mindset we tend to have of ourselves. The book will unleash your inner confidence and uncover hidden attributes and abilities that have





been a challenge to exhiit. It is a MUST READ.

It is currently available as a free download on my website, but will only be for a *limited time*. Grab your copy today

We are also looking to add new courses and transformational programs on Wellness, Mental Stability, Raising Strong Kids and much more, so we encourage everyone to sign up for this course. We would love for you to also join our mailing list via our website: www.sabinacoaches.com so we can keep you up to date once these become available.

You can send me an email at sabinacoaches@gmail.com if you have additional questions or have other inquiries.

Finally, how can people connect with you if they want to learn more.

Reach out to me via email:
sabinacoaches@gmail.com

Websites:
www.sabinacoaches.com
www.sabinamusic.org

Check out & Subscribe to our YouTube Channel for inspirational and motivational content
Channel name: SabinaMusic – DominionTv

Connect with me & Follow on social media:
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