

# ACC GLOBAL MEDIA features Focus & Motivation Coach SABRA REDFERN

ACC GLOBAL NEWS features Focus & Motivation Coach SABRA REDFERN on Empowerment, Pain Relief, Focus, Motivation & Hypnosis

PORTLAND, OREGON, UNITED STATES, June 12, 2017 /EINPresswire.com/ -- [Sabra Redfern](#) & [Imagine Changes](#) LLC Portland, Oregon

ACC NEWS Interview with Sabra Redfern, Founder of Imagine Changes LLC. TUESDAY, JUNE 13th, 2017 at 1PM (1:00 p.m. EST., Portland, Oregon

Contact: Sabra Redfern  
Phone: (1) 503-805-6595  
Email: [Sabra@ImagineChanges.Com](mailto:Sabra@ImagineChanges.Com)  
Website: [WWW.IMAGINECHANGES.COM](http://WWW.IMAGINECHANGES.COM)

Contact: [ACC Global Media](#), 1-888-725-0554  
[www.Accglobalmedia.com](http://www.Accglobalmedia.com)

ACC Global News Spotlights Sabra Redfern of Imagine Changes on Focus, Empowerment, Hypnosis & Motivation

ACC News Talk Radio Spotlights Sabra Redfern of Imagine Changes

Portland, OR– Transition and change are necessary steps towards personal development and progress. Everyone can relate to the feeling of being stuck, settled in, lost or in too deep to alter their path from negative to positive. The good news is that it's never too late. While taking the first step may be the most difficult, there are trained professionals like Life Coach and Hypnotherapist Sabra Redfern of Imagine Changes, to walk you through the process of transition and assist you with overcoming limiting beliefs in order to achieve your goals.

“

Using Hypnosis & Life Coaching, Sabra Redfern helps people learn to motivate themselves toward making the changes they want in their lives. Sabra is one of the MOST QUALIFIED Life Coaches in America.”

ACC GLOBAL MEDIA  
RESEARCH DEPARTMENT



SABRA REDFERN FOUNDER OF IMAGINE CHANGES



SABRA REDFERN FOUNDER OF IMAGINE CHANGES

As for Sabra's own journey, she became a musician at a young age succeeding as a bassist and singer in numerous musical projects. Being able to travel while performing music was a dream of hers. After achieving a satisfactory level of success, she sought to change direction. Working, communicating and solving problems with others came naturally to Sabra. She immersed herself in the studies of

Coaching, Hypnotherapy and NLP, earning certifications in all necessary areas.

Utilizing her personal experiences and professional certifications, Sabra has worked with people from all backgrounds through a wide array of issues that include personal growth, self-esteem, addiction, depression, trauma and weight loss to name a few. With over twelve years of experience, Sabra continues to build her client base with passionate and individually crafted sessions that bring forth positive change.

By phone and in person, Sabra has expanded her base nationally and it all begins with a free consultation. At [www.imaginechanges.com](http://www.imaginechanges.com), people can learn more about the many ways that Sabra can help. Also, available on the site is Sabra's pain relief e-book entitled "Control Your Pain with Self-Hypnosis".

"Life is full of challenges and we all need a helping hand once in a while. The idea of Imagine Changes came from the realization that I love helping others and have the life experiences, tools and education to do so," exclaims Redfern.

Sabra Redfern will be featured on ACC News Talk Radio at [www.blogtalkradio.com/accglobalmedia](http://www.blogtalkradio.com/accglobalmedia) on Tuesday June 13th at 1pm EST. For more information, visit [www.imaginechanges.com](http://www.imaginechanges.com), email [sabra@imaginechanges.com](mailto:sabra@imaginechanges.com) or call 503-805-6595.

Thank you for sharing this vital information with your clients, network of colleagues and co-workers! Please tune in at show tab below.

<http://www.blogtalkradio.com/accglobalmedia/2017/06/13/acc-news-features-focus-motivation-coach-sabra-redfern>

ACC NEWS  
ACC GLOBAL MEDIA  
888 725 0554  
email us here

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.