



SET

Shift | Evolve | Thrive

Embark on the journey towards your sovereign self

Hi,

I have a few questions for you:

- Have you ever wondered what is the purpose of it all? Why you do what you do, every day, every week, every month, every year and all over again?
- Have you asked yourself: Am I truly living the life I had envisioned for myself? What happened to me? Where am I? Who am I? What is my purpose?
- Have you read multiple books on goals achievement, personal development, mastering your relationship: you name it, but never really did anything about it?

“When we are no longer able to change a situation – we are challenged to change ourselves.” – Viktor E. Frankl

The Good News

You are not alone! I have been there as well as many others and that's why I have developed a unique approach to get you back on track to be on the driver's seat of your life.

Through a 12 week action-based program, I have successfully helped my clients to create a life that fulfills them, using a holistic approach (mind, body and Higher Self).

You are about to embark in this action-based program designed to regain and incarnate your own sovereignty.

**“For changes to be of any true value,
they’ve got to be lasting and consistent.”**

– Tony Robbins

Why stepping in?

If you want to:

- See long-lasting positive change in your life
- Be empowered to create your desired life
- Establish a healthier, happier & more fulfilling relationship with yourself, and others.
- Take responsibility of your life
- Fully develop your potential
- Regain vitality
- Manage your stress
- Suppress the negative self-talks

This program is not for you if:

- You like being in a status quo life.
- You don't really want to change anything to your life.
- You don't want to invest some time and effort into your life.
- Commitment to yourself is not your "thing".



Make The Magic Happen

A 1:1 Holistic coaching experience is a unique experience to explore and incarnate your full potential, reconnect with your creativity, retrieve and incarnate your sovereignty.

If you are still wondering whether this exclusive program can truly help you and if you can do it all by yourself? The answer is YES to both.

You might already be on that journey right now.

Since when have you started it? Where are you at now?

If the answers to these questions are not satisfying, I invite you to continue reading on how I facilitate your journey:

Self discovery: "Where am I now?"

You (re)discover and refine who you are & who you want to be, exploring your:

- Purpose
- Values
- Identity
- Personality profile
- Self-awareness and own roles you consciously (or not) play in your life and others' lives, and in this society

Identify the roadblocks, deprogram and surrender, aka "shadow work"

You get rid of any blockages and traumas you might have, such as:

- Fears
- Self-limiting beliefs and patterns
- Anxiety and stress

Reconnect and Incarnate your True Essence

You reconnect with your:

- Energy & Higher Self
- Emotional Intelligence
- Intrinsic Motivation
- Capacity to communicate with yourself and others on higher levels of consciousness



12 Holistic Coaching - 1:1 sessions

HOLISTIC COACHING

Holistic coaching is a partnership between a certified coach and a client.

It helps individuals to understand life from a different perspective.

Holistic Coaching considers all the elements of mind, body, emotions and spirit connection.

This integrated approach empowers the individual to align their beliefs, thoughts, behaviors, feelings and actions towards their needs, values and goals.

It gives them the tools, skills, support and ability to take responsibility towards creating changes that they want to see in their lives.

WHY

Holistic coaching allows you to rediscover the meaning of life, your reason to be, to achieve lasting results, a more fluid, fulfilled life, full of vitality and joy.

WHEN, HOW

One session a week during the first 4 weeks, then every other week, via Zoom

WHAT IT INCLUDES

Each person being unique, with different aspirations and beliefs and at different stages of life, I adapt the sessions according to all these parameters.

From motivational coaching inspired by neurosciences to emotional release, through regressive hypnosis or connecting to one's inner healer: the sessions are always according to your needs and never the same!

MY COMMITMENT TO YOU

I am committed to guiding you, supporting you, empowering you, putting you in action, giving you tools for lasting changes and results and regaining autonomy over your physical, mental and spiritual well-being.

Your First Action to Your Meaningful Life:

[Click here](#) now to schedule a
You free Discovery Call with me!

