



Be Happy. Be Healthy. Be You

Transformational Life Coach

MY CORE SERVICES

- Private Transformational Coaching, Workshops & Group work
- Mindfulness & Meditation Practices
- Energy Healing - Reiki
- Spine Alignment Therapy
- Emotional & Behavioural Pattern Transformation - Shadow Work
- Digital Products for Inner Alignment, Health, Happiness, Vision Boards, LOA Manifestations, Self-Care & Self-Love

KEYS OF TRANSFORMATION

- **Clarity & Self-Awareness:** Discover your values, purpose and the hidden patterns and habits that shape your entire life.
- **Release Limiting Beliefs:** Identify and transform the subconscious blocks and fears that have silently held you back.
- **Shift from Doing to Being:** Become the person who naturally and effortlessly embodies your goals and desired life.
- **Emotional Intelligence & Relationships:** Understand and manage your emotions to build stronger, authentic connections in all areas.
- **Overcome Resistance & Self-Sabotage:** Develop inner resources to stay committed to your long-term growth and success.

MY TRAINING & CREDENTIALS

- Consciousness Coaching Academy (Master I-III certifications with Marc Steinberg)
- The Hoffman Process: 10-day Emotional & Behavioral Transformation - UK
- Diamond Way Buddhist Teachings, Initiations & Meditations - 10 years
- Modern Mystery School: Energetic Activation & Personal Mastery
- 10-Day Silent Vipassana Meditation Retreat
- Reiki & Shamballa Multidimensional Energy Healing Certifications
- Healing Relationship Trauma: The Learning Love Institute in Bali - 2 weeks retreat
- Breathwork, Yoga Workshops & Inner Well-Being: Art of Living Retreats
- Osho's Teachings with Devu Ambu, in Pune, India: Activate Feminine Energy, Dynamic & Fire Breathwork - 3 week Retreat
- Body Awareness & Somatic Healing: Grinberg Method Therapies
- Certified Spine Alignment Massage Therapist
- Abraham Hicks 12-Day Mediterranean Cruise Retreat
- Plant Medicine Healing Journey
- Global coaching 5-day retreat with Martin Sage, in Ibiza
- Dr. Joe Dispenza online teachings – Quantum Field & Becoming Supernatural

