

INDIVIDUAL SESSIONS - A WARM INVITATION TO RECONNECT AND EVOLVE IN PERSON OR ONLINE

These sessions are one-to-one coaching. A unique blend of sharing, guidance, and deep connection, tailored to support you in exactly what you need at this moment. Whether you feel weighed down and need clarity, are ready to step into something new, or simply wish to reconnect with yourself on a deeper level, these sessions are designed for you.

With nature and breath as your anchors, you'll be guided to:

- Release tension and find clarity.
- Open up new perspectives and possibilities.
- Feel supported as you explore emotions or challenges, uncovering what truly matters.

Integrate a variety of tools, including breath work, subconscious exploration, NLP, and coaching, to align with your personal needs. Each session is an opportunity to reconnect with your inner calm and clarity while feeling fully seen and supported.

Practical Details

Location: At HJEM Brussels or online.

Price: €140 per session, which includes preparation and follow-up.

Free Clarity Call: If you're curious, I offer a warm, non-binding 20-minute conversation to explore how these sessions can support you.

Contact me : [link](#) [Webpage](#)

Please fill out the [Google form](#) before our first exchange:

