



**Navigating the path of mental
& physical wellness can be
challenging.**

Let me offer you guidance and
show you the way to claim back
your **health, peace & power.**

Freedom Coaching

By Cécile

Three Reasons for Guidance

1. When your health is altered:

Autoimmune and chronic diseases, chronic fatigue, but also recurrent serious symptoms to which doctors have difficulties to give a diagnostic.

2. When you feel stuck after an important life event:

Divorce, loss of work, change of career forced on you.

3. When you want to implement sustainable healthy habits in your daily life:

Including moving towards a whole food plant-based nutrition, for yourself or your family.

info@by-cecile.com

by-cecile.com

+31 (0)6 - 344 54 308

Freedom Coaching

By Cécile

Three Steps to Freedom

1. Intake

Let's get to know each other and find your path to freedom. In a 45 minutes intake, we discuss your challenges, think about possible and positive goals, and I share more in detail how we would open up your path to success – however success is defined by you.

2. Personal plan

Given your particular situation and approach to life and change, we decide how to shape our sessions – you need us to build your roadmap and off you go, or you need guidance to take care of several areas, enabling you to navigate without getting lost on the way.

3. After care

After finishing all steps in the personal plan, we are always here for tips, guidance and support. Stay on top of the latest life-style medicine advances, ease your life in the kitchen, be informed about events meaningful to you – via our newsletter or emails.



Wherever you stand, we work on accepting reality as a starting point.

I will be looking for your beliefs that lead to thoughts, feelings and perceptions which can stand in your way.

We will be working with transformational coaching, mindful inquiries, as well as lifestyle medicine – leading to a pathway of sustainable change.

Looking forward to meeting you!