



**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

When can I help?

1. When your health is altered:

Autoimmune (particularly rheumatoid arthritis) and chronic diseases, chronic fatigue, undiagnosed recurring symptoms (pain, fatigue).

2. When recovering from a burnout or dealing with a heavy life-event:

Divorce, loss, career change.

3. When you want to implement a sustainable healthy healthier lifestyle:

Moving towards a whole food plant-based nutrition, creating health oriented new habits.

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Contact me for a free 20
minutes discovery call

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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.



What can you expect?

Improvement and/or disappearance of physical complaints

Better pain management

Sustainable lifestyle improvements

Clear goals/drive and detailed action plans

Stress reduction

Looking forward to meeting you!