

Read my Story

The beginning...

I grew up in Germany and moved to South Africa in 1989. As a mother of four children I was often stressed and very anxious. I worried all the time. I tried to be in control as much as possible, be the perfect mother and wife. As a result, I suffered from burnout in my late 40s. I remember watching family and friends walk the road called life and feeling left behind.

With the loving support of family and friends, I got back on my feet. I learned to take responsibility for my well-being and happiness. Traditional western medicine, body talk, therapy, yoga, meditation – I did whatever I could to create a further shift within.

What happened next...

As I started moving forward, I became interested in life coaching. Two friends pointed me in the same direction and so I started my Consciousness Coach™ journey in 2015.

I became a proud 50Plus start-up and reinvented myself by starting a new career in coaching. During the hard lockdown, I added another certification by becoming a certified Yin Yoga teacher. I study with Eckhart Tolle and Tara Brach. Always seeking new layers of consciousness and non-identification with the egoic mind.

Today...

I always wanted to make a difference in this world and today I help my clients discover new levels of inner peace, happiness, and contentment. I empower my clients to become very deliberate in creating opportunities for themselves and a life they love to live. I encourage them to “rewire instead of retire” in life and to discover their true calling by aligning passion and expertise with purpose.