

Studio20.me • Coaching • Yoga • Mentoring

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Coach, yoga teacher and mentor with a background in education, communication and supporting people through change. My work combines coaching, body awareness and breath to help people reconnect with themselves, gain clarity and take meaningful next steps.

What sets my approach apart is that we don't just talk things through. By including the body in the conversation, people often discover insights they hadn't been able to reach through thinking alone. The body often knows what the mind is still trying to work out.

I work with people navigating life transitions, personal growth and change, as well as entrepreneurs who want to build a business that feels aligned with who they are.

As people reconnect with themselves, new possibilities begin to emerge, whether that's making an important life decision, building a business or creating work that reflects who they truly are. My approach is calm, practical and grounded, combining reflection with meaningful action.

Education & Certifications

- Somatic Coaching Mirco-Certification – Coaching Studies Dublin | July 2026
- Diploma in Coaching – Coaching Studies Dublin | 2025–2026
- Yoga Teacher Trainings – Amsterdam & Utrecht (900+ hours)
- Nonviolent Communication (NVC) – Amsterdam
- Introduction to Journalism – Utrecht
- CELTA & CELTA YL – Cambridge English Teaching, Madrid & Cape Town
- Bachelor in Communication (HEAO) – Fontys University of Applied Sciences, Eindhoven

Core Skills & Strengths

- Coaching & Somatic Coaching
- Yoga, Breath & Body Awareness
- Mentoring & Facilitation
- Communication & Storytelling
- Cross-Cultural Communication

Experience & Projects

Professional Coach (ICF-aligned)

The Institute of Coaching Studies, Dublin | 2025–Present

Currently completing the Professional Coaching Diploma (Level 2 in progress until July 2028). Completed a Micro-Certification in Somatic Coaching and integrate body awareness and breath into my coaching practice.

Founder | Studio20.me

Amsterdam & Mallorca | 2010–Present

Founded Studio20, a coaching practice supporting people through life transitions, personal growth and change. Also mentor entrepreneurs in developing an authentic message and online presence.

Freelance Content Creator & Editor

The Netherlands & International | 2005–Present

Worked with solopreneurs and small businesses on storytelling, websites and content strategy. Experienced in brand writing, editing and newsletters.

Teacher & Mentor

Eindhoven, Amsterdam & Madrid | 2005–2015

Taught English to children, teenagers and adults (CELTA certified). Guided international students and provided study and personal support.

Yoga Teacher & Retreat Facilitator

The Netherlands, Spain & Southern Africa | 2010–Present

Certified in 900+ hours of Ashtanga, Vinyasa, Yin and Restorative Yoga. Led classes, workshops and retreats combining movement, mindfulness and wellbeing.

Languages

Languages: Dutch (native), English (fluent), Spanish (basic), French (passive)

I believe meaningful change begins when we feel safe enough to slow down, be heard and listen to ourselves.
