

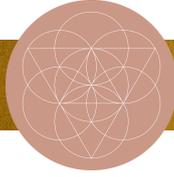
Soul-based Coaching



WHAT IS SOUL-BASED
COACHING?



The Academy for
Soul-based Coaching



Do you long for changes in your life or your work?

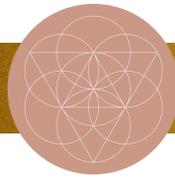
And do you want these changes to be fully in line with YOU - instead of trying to shape yourself into something you are not because an expert tells you what to do?

Do you want to tap into your Soul knowing, and connect with the biggest resources you can have in life? Connecting the deep and meaningful with the everyday and practical?

Maybe you have tried conventional coaching and maybe even therapy, and it has not given you what you are looking for.

If any of that resonates, you are in the right place!





What is it?

A Soul-based Coach is the midwife for your change process.

We help you tap into your deepest knowing, so that you can get clear on the longings that call you. We help you in a process of unfolding.

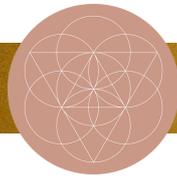
So that your inner world rewires itself for the changes you want.

You will then start to call in these changes in your outer world.

By having a changed perspective, a new way of thinking and feeling, a new way of taking action. Plus your changed energy frequency acts as a magnet for what you want to bring into your life.

We do this through our sessions, online or offline. We ask you questions and hold space for you. We include your body wisdom, your emotional experiences, the insights of your mind and the guidance of your Soul.

Often we leave the thought and feeling paths that you are so familiar with within the first 10 minutes, to enter into the truths underneath them.



Why do this?

Because very often, the change you want is possible and relatively easeful.

Because life is too short to not follow the longings that call you. They are the signposts for your unique life journey.

Because not tapping into your inner treasures is like living life with a blindfold on, standing in a beautiful maze, feeling the desire to get out of the maze and run free, but only being able to stumble ahead.

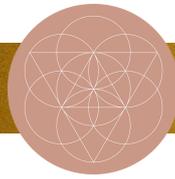
Because this will help you to go to where you haven't gone before, beyond what you think is possible. And it will help you go beyond where your coach has gone before. Because your coach is not an expert who will tell you to copy and paste things that have worked for others in the past. Your coach is specialized in guiding your unique process of becoming. There will never be two change processes the same in Soul-based Coaching.

Things to know about Soul-based Coaching

Everything is welcome in our sessions. You are completely perfect as you are, including your longing for healing or change.

We work with your own personal metaphors, because these bring us to the way your body, mind & soul system is wired. You don't need to be aware of them yet, you live and breathe them and they always come with you.

Your logical mind may not always understand what is happening, and that is okay. It's role in the way your system operates might change. But the more encompassing YOU will always know if what's happening is the right thing, and can change course at any time.



Where Soul-based Coaching comes from

Soul-based Coaching is a methodology that has been developed by Annemiek van Helsdingen, Founder of the Academy for Soul-based Coaching, which operates worldwide.

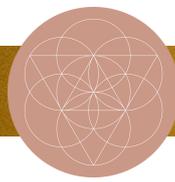
Its roots are in Clean Language (developed by David Grove), Symbolic Modelling (developed by Penny Tompkins & James Lawley), Yin healing (developed by Klara Adalena), Presencing (developed by Otto Scharmer) and the ancient spiritual teachings about Holding Space and change.

We bring together ancient wisdom with proven new techniques. And they are a surprisingly aligned match.

You can find out more on www.academyforsoulbasedcoaching.com

Find your Certified Soul-based Coach on
<https://academyforsoulbasedcoaching.com/certified-coaches/>





What clients say about Soul-based Coaching

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Gentle, direct, powerful and healing

“Being coached by Sigrun is not only gentle and direct, but also powerful and healing! I am still feeling the resonances of the deep releasing and coming home to wholeness I experienced with you last month.”

- KELSAY M., CALIFORNIA, ABOUT HER WORK WITH SIGRUN SAUNDERSON

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The essence dripped through right in front of me

“You kept on asking, when long ago I would have stopped asking and indeed, had already stopped. You were weaving a net, tying the knots, building a strainer, through which – finally – the essence dripped through right in front of me. You are an artist, cushioning the gem that needs to be seen. Thank you.”

-C.B. ABOUT HER WORK WITH SIGRUN SAUNDERSON

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I'm taking action and receiving direct feedback!

“The session allowed me to dive into current issues and shift my perspective. I made links between seemingly unrelated issues which resulted in me taking action and receiving direct feedback!”

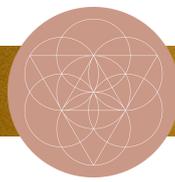
- CAMILLA S., LIFE COACH, ABOUT HER WORK WITH JENNY SCHOENMANN

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You helped me dream again and believe in life

“During a difficult life situation, Corinne helped me into my vision, to allow myself to dream again and believe in life”

-SARAH, CREATIVE HEALER, SWITZERLAND ABOUT HER WORK WITH CORINNE KONRAD CALDER



What clients say about Soul-based Coaching

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I wanted this change, but I was scared.

“I so wanted to make a change but was scared, and Jenny's guidance made me see that this change isn't so huge and heavy like I thought. After our sessions I feel much lighter!! I feel more confident in my choices, and I am also seeing the bigger perspective.”

- *YOGA TEACHER, VIENNA AUSTRIA, ABOUT HER WORK WITH JENNY SCHOENMANN*

Deep magic started to happen in and around me

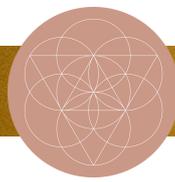
“From session to session deep magic started happening in me and around me through synchronicities in the outside world in the most amazing way. I am deeply amazed at this soft and magical approach to coaching that lets you discover what your Inner Voice has to tell you and helps you drop deeper and deeper into your own Self. And the magic is still unfolding, even after the coaching is over!”

- *SEPTEMBRA MÅNSÅNG, SAARGEMUENES, FRANCE, ABOUT HER WORK WITH ERIKA MAIZI*

This work is simple but powerful

“The work she does is simple but powerful. Listening and making me listen to my words and thoughts, she does a series of questions that gently guides you to find the answers you need within you. It's been really helpful to move forward.”

- *MARZIA ZULIANI, VALENCIA, SPAIN, ABOUT HER WORK WITH ERIKA MAIZI*



What clients say about Soul-based Coaching

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Becoming more attentive to the people in your life & express your creativity

“It felt like going on a mystical journey into myself. The process was fun, creative and deeply relaxing. Since my sessions, I’m paying more attention to all aspects of my life. I hear and see others more. This creates greater connection and trust between my clients and myself. It helps me prioritize my work and notice how I want to express my creativity. I’m feeling more in sync and alive.”

- *YOGA TEACHER, VIENNA AUSTRIA, ABOUT HER WORK WITH JENNY SCHOENMANN*

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Create a new pathway to bring your ideas to fruition

“The coaching has helped me to bring order to the chaos in my mind, what seemed overwhelming and too big a task started to take shape in manageable ways. I always knew that I was capable of achieving what I wanted, but somehow got stuck along the way, oftentimes leading to strong feelings of self-doubt. But in my Soul-based Coaching sessions, I established an actual pathway that I created, one I knew I was absolutely capable to follow through with and come back to. Corinne trusted me completely, to steer the ship of my own journey. She made me feel 100% of the time that I was exactly where I needed to be and that I too could trust my process.

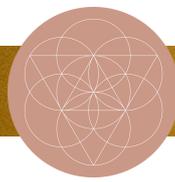
-*NICOLA, YOGA TEACHER, HONG KONG ON WORKING WITH CORINNE KONRAD CALDER*

Within 2 weeks I had a job in a new field

“Soul Based Coaching is very different to any other types of coaching that I have experienced in my life. The sessions helped me get the clarity I wanted at a career crossroads. Within 2 weeks of the sessions, I had a job in a new field and I’m still exploring the other paths and options that came up in the coaching. It’s been really enlightening and helpful for me with where I was in my career.”

-*DONNA S, SWITZERLAND ABOUT HER WORK WITH EIMEAR STASSIN*

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What clients say about Soul-based Coaching

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This has taken me to places I never thought were possible in my life.

“I can't thank you enough. I 100% recommend Soul-based Coaching. It has been an incredible journey. It has taken me to places that I never thought were possible. It's been an amazing experience and enlightening. I was very black and white; very hard. Probably from the career I was in for 23 years. I've now opened up to my creativity. I'm softer; a more gentle person. Much more rounded and grounded. I've learnt more about myself and it's opened so many doors. I've been offered a job abroad and am embarking on my successful new career with travel. I can feel the pink butterflies of passion, fire and excitement. It feels completely right.”

-CAROLINE, UK ABOUT HER WORK WITH EIMEAR STASSIN

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Helped me heal by drawing out my true expression

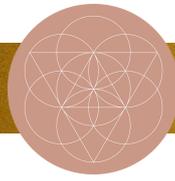
“Soul-based Coaching helped me heal by drawing out my true expression. It helped strengthen my creative spirit and move through the challenges I have faced. It gave me the courage to exhibit drawings and paintings of my soul-based coaching journey which meant taking another step to my whole truth. It has been an amazing journey in so many surprising ways.”

- LINDSEY M, UK ABOUT HER WORK WITH EIMEAR STASSIN

Thoughtful, organic and very helpful at a really turbulent moment in my life

I had a really concrete and helpful 1 hour, soul-based coaching session at a really turbulent moment in my life. I found the experience itself extremely thoughtful and organic, and the result left me feeling more empowered and at peace with the steps I can take in the future and different directions I can head. I'm so glad I had the opportunity to experience this.

-FIONA ON HER WORK WITH PALOMA WHITE



What clients say about Soul-based Coaching

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Helped me heal by drawing out my true expression

“Soul-based Coaching helped me heal by drawing out my true expression. It helped strengthen my creative spirit and move through the challenges I have faced. It gave me the courage to exhibit drawings and paintings of my soul-based coaching journey which meant taking another step to my whole truth. It has been an amazing journey in so many surprising ways.”

-LINDSEY M, UK ABOUT HER WORK WITH EIMEAR STASSIN

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I've made a lot of progress in my life

“The Soul-Based Coaching session I had with Paloma was a unique and powerful experience. I was amazed by how gently she was able to guide me back toward my own inner knowing. And by how quickly I began to see and understand the internal dynamics I was facing during the session. I have been able to hold on to the symbols and insights that came up during the session for several months now. As a result, I also made a lot of progress around a specific issue in my work life very quickly. I highly recommend Paloma and her work.

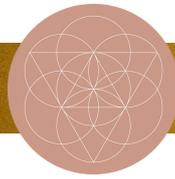
-AMANDA, US, ABOUT HER WORK WITH PALOMA WHITE

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More magical and fascinating than I could imagine, and then I found the puzzle piece that makes everything make sense.

Starting off with a current topic of my life, we discovered the connected feeling that arises with this topic. And suddenly I found myself in this inner world of mine with images, which are then turning into a whole landscape. So unbelievably beautiful what places I carry inside of me, that I didn't know about. Finding myself in those different landscapes and seeing them transforming once I entered them with my presence was truly magnificent. By fully enjoying and working with my landscape it unexpectedly happened: Suddenly I found the puzzle piece which was hiding in this room inside of me. And then everything made sense.”

-ISABELLE W, ACTRESS, GERMANY, ON HER WORK WITH PALOMA WHITE



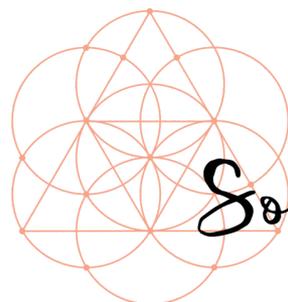
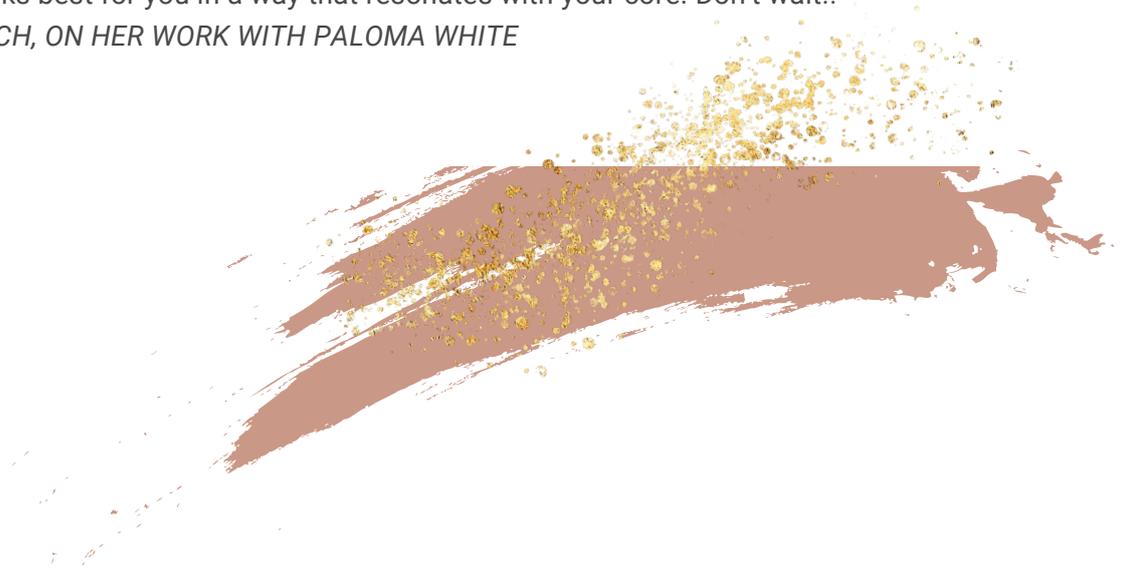
What clients say about Soul-based Coaching

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Don't wait!

I worked with Paloma for a couple of coaching sessions. When I talk to friends, I find that I use the wisdom gained from these soul based coaching sessions more than any other coaching I've had. It is a remarkable process and you will come away with the insights that works best for you in a way that resonates with your core. Don't wait!!

GINA B, US, COACH, ON HER WORK WITH PALOMA WHITE



The Academy for
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ACADEMYFORSOULBASEDCOACHING.COM