

YOUR HEALTH COACH

healthy lifestyle solutions

Curriculum vitae

I grew up with physical activity and sports

Physical and mental well-being, exercise, dance, competitive sports and a balanced diet have always been a natural part of my life. My expert coaching is based on appreciation, respect, empathy and genuineness in the relationship. The optimization or problem solving is goal-, but above all process- and solution-oriented. The coachee's resources are strengthened and sustainably developed, and behavior prevention also plays an important role. Through my knowledge and experience in communication psychology, I enable optimal (online) relationship building in the coaching process, as no one else does. As a certified business and master Health coach in behavior change psychology, certified nutritionist and personal trainer, I coach people through hands-on practice, simplifying complex knowledge of mental and physical health into actionable steps to deliver top-notch results - confidently and competently - that go beyond the surface. As a certified business and master health coach in behavior change psychology, certified nutritionist and personal trainer, I coach people through hands-on practice, simplifying complex knowledge of mental and physical health into actionable steps to deliver top-notch results - confidently and competently - that go beyond the surface.

I got mentorship during a pivotal time in my life and thus excelled at particular set goals

Early in my career, I experienced firsthand what it means when body, mind and happiness fall life-threateningly short. This led me to train in the health industry, to develop myself in many areas and to go abroad. Based on this, I developed the concept Your Health Coach in Munich in 2010 to accompany people on their quest for a conscious, healthy and happy life, sustainably through a revolutionary yet pragmatic approach.



I watched people suffer - that motivated me to fix my own problems

I like to observe human behavior and since then I have been thinking about it as well as about my person, my vision and my lifestyle. I have intensively felt inside myself how I want to live, what values I have and how I can best implement them in order to be completely satisfied with myself. Today I am the best example of a person with a balanced and happy life without limitations.

Get to know me

I'm happy to teach you the mindful tricks on the way to your sweet spot of deep contentment and fulfillment.

Career / professional experiences / learning stations

National team synchronized swimming, NL 1990 - 1995
Study of communication management, NL 1995 - 2000
Personal / Group / Nutrition Coach, The Hague, NL 1999 - present
Advertising agency IMMITS, Communications Consultant, Rotterdam, NL 2000 - 2003
Municipality of The Hague, Management position Libraries, The Hague, NL 2003 - 2006
Siemens Netherlands, Consultant Internal Corporate Communications, NL 2006 - 2007
Siemens AG, Consultant Internal Corporate Communications, Munich D 2007 - 2009

Bailine, nutrition therapist, EMS trainer, Oslo, Norway, 2019
Your Health Coach Studio | Sabine Heijman, Founder, Munich, D 2010 - present
Certified Business Coach, Munich, D 2010
Stanford University, Prof. B.J. Fogg, Tiny Habits Coach, USA 2016
Certified Deep Stretch Coach, YogaBody, Spain 2021
Certified Breathing Coach, YogaBody, Spain 2021
Munich Business School, Certified Digital Sales Expert, Munich, Germany 2021
Karlsruhe Institute for Coaching, Online Health Coach, Karlsruhe, D 2021
Precision Nutriton, Certified Nutrition Coach, Toronto, Canada 2021
Precision Nutriton, Certified Master Health Coach, Toronto, Canada 2022

**I am a
Trustworthy,
Honest,
Balanced and
Happy Person
with Passion
for Life!**



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