

# 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 coach and guide you on your inner transformation towards Deep Health. To live in good shape, fit and strong for sustainable vitality, wellbeing and productivity.

### 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  
Stanford University, Prof. B.J. Fogg, Tiny Habits Coach, USA  
Certified Deep Stretch Coach, YogaBody, Spain  
Certified Breathing Coach, YogaBody, Spain  
Munich Business School, Certified Digital Sales Expert, Munich, Germany  
Karlsruhe Institute for Coaching, Online Business and Health Coach, Karlsruhe, Germany  
Precision Nutriton, Certified Nutrition Coach, Toronto, Canada  
Precision Nutriton, Certified Master Health Coach, Toronto, Canada

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



**Your Health Coach | Sabine Heijman**  
Prinsegracht 255 - 2512 EE The Hague - The Netherlands  
mail@sabineheijman.com - www.sabineheijman.com