Logo

PIC

Helping people pleasers ‘try softer’

Do you struggle to say no to others and find yourself saying yes even when you have no capacity?

Do your own needs, goals and dreams always take a back seat?

Have you lost your sense of self because your every effort goes into caring for others?

Does rebuilding boundaries and regaining balance sound appealing?

If you’ve answered yes to any of these questions, it’s time to prioritize yourself.

I coach intuitively, and while asking the tough questions when necessary, I provide a safe and nurturing space for you to explore your thoughts and ideas.

Together we will bust the myths and stereotypes about self-care and come up with a sustainable way of being, where you give yourself as much love, attention and care as you do others.

Let’s talk!

[hello@yvandi.co](mailto:hello@yvandi.co)

+27722132510

(Our initial (always free) chemistry session gives us both the opportunity to see if we are a good fit. We will get to know each other and find out how well we might work together. Coaching without chemistry is like small talk about the weather. It feels awkward and benefits no one.)

NOTES:

Link to blog?