



information

1:2 Couples Coaching



Time and attention for each other, structural guidance for your love relationship.
Taking your togetherness to the next level.

Looking at your own piece (from your family of origin), what do you bring to your relationship? What is yours, what is the other's?
Discover your relationship patterns, but also your desires.

I see you together, but also separately in a more extensive process. To work in parallel on the connection with yourself in this way, so I can see you both completely.

We work with exercises that go to the core, to ensure that you feel and your body is also part of your growth and your journey.

Everything is ok...

That is exactly the starting point of the couples I work with.
A solid foundation that requires deepening.

In which responsibility is taken for your own story (so that children do not carry it).

I use my personal experiences in combination with my professional background to create more awareness and autonomy among you. To see your partner as your greatest teacher, even though it is not the most comfortable thing you can experience.

Growing through a love relationship happens on many layers, individually, collectively, and also spiritually.

Are you ready for this together?

Sabine

Online or Physically

The sessions can be both physical (in Ibiza) and online.
Depending on what works for you both.

be conscious

3 months - short intensive

€995
(incl. VAT)

3 joint sessions 1:2
1 session per person individually
homework exercises

Content

A session lasts an hour and a half. Expect deep work, experience-oriented. Careful, but not cautious. The homework exercises are very concrete and help you integrate at home.

Next level - deep dive growth trajectory

During the year I have 4 places available for couples who feel they want more. Have a high consciousness together, feel a lot of connection and want to make a real deep dive. 2.0. and work exclusively in a 9 month trajectory. Send me a message if you are this couple.

FAQ

Q: When do the sessions take place?

A: We plan the sessions together in a process. On working days, preferably in the mornings because that is when the energy works best.

Q: What will be the outcome for us?

A: Only you can answer that question. Cliché, but you get out of it what you put in. In any case, an open heart, desire and commitment will take you far. What I can in any case promise is that you will feel more connected afterwards, you will feel a huge difference and you will have taken a step of growth together.