

## How we can work together in 2025

### My approach

I'm Sophie, a **trilingual, world-traveling facilitator** with over **10 years of experience** guiding individuals, entrepreneurs, and organisations through **holistic transformation**. My work is shaped by **diverse cultures, languages, and professional fields**, deeply enriched by the people I've met and the journeys I've taken.

My work is rooted in a **holistic, 360-degree approach**—meaning that whatever area we focus on, it naturally brings balance to all aspects of your life. Transformation happens when we truly **understand, accept, and love** ourselves, and that's why my work is based on three pillars:

1. **Understanding** yourself—your body, mind, emotions, and patterns.
2. **Accepting** all parts of yourself as a multifaceted being, embracing your wholeness with compassion.
3. **Loving** those parts so they can be set free, creating space for true transformation.

I work with both individuals and groups, offering flexible pathways for personal or professional transformation.

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### Accessibility & payment options

- **Sliding scale pricing** allows you to choose an amount that feels right for you within a set range.
  - **Flexible payment plans** are available to ensure these transformative experiences remain accessible.
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### Discovery call

If you're unsure where to start, we can begin with a **free 30-minute discovery call** to explore your needs and find the best fit for you.

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## Personal transformation

💡 *For individuals seeking healing, clarity, and personal breakthroughs.*

### Intuitive guidance (*Single session*)

A light yet powerful session offering intuitive insight, clarity, and support for navigating personal challenges. Ideal if you're seeking quick guidance, energetic shifts, or a fresh perspective.

👉 **Sliding scale:** €77 – €99

### Reveal: foundations (*5-session package*)

A deeper journey into self-awareness, body connection, emotional clearing, and energetic balance. This package integrates somatic work, emotional attunement, and Five Elements wisdom to help you release blockages, realign, and reconnect with yourself.

👉 **Sliding scale:** €444 – €555

### Reveal: the full journey (*12-session programme*)

A complete transformational experience guiding you through deep healing, alignment, and lasting change. This programme supports you in reconnecting with your true self, navigating transitions, and creating profound shifts in all areas of your life.

👉 **Sliding scale:** €1111 – €1333

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## Professional transformation

💡 *For individuals seeking career clarity, reorientation, or alignment with their work.*

### Listen (*1:1 & group programme*)

*For professionals at a crossroads, seeking alignment, or exploring a new career path.*

A guided space to **slow down, reconnect with your Nannan—your inner compass—and make conscious, aligned decisions** for your professional or business journey. Whether you're **changing careers, redefining your role, stepping into leadership, or looking for more purpose in your work**, we create a space for clarity and transformation.

Our work integrates **somatic practices, reflective exercises, intuitive tools, and holistic modalities like naturopathy and nutrition**, allowing you to **navigate change with confidence** while staying true to yourself.

We also offer **workshops and events** in various formats, giving you the opportunity to explore these principles at your own pace.

✦ The **1st edition of our 8-month programme** is complete, and we're currently running **follow-up sessions** with participants. The **2nd edition is in the works, and the waitlist is now open!**

👉 **Pricing available upon request.**

[\[Learn more here\]](#)

### **Within (1:1 & group programme)**

A transformative programme designed for **entrepreneurs, and project creators** who want to build from a place of deep alignment. *Within* helps you align with your vision and goals using the **Five Elements philosophy**. Whether through long-term engagements or short workshops, *Within* offers tools for **self-discovery, clarity, and balance**, empowering you to **navigate your personal and professional journey with harmony**.

✦ We are currently running the 2nd edition of our **7-week programme Within Projet**, and the waitlist for the 3rd edition is now open!

👉 **Pricing available upon request.**

[\[Learn more here\]](#)

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## **Mentorship for practitioners**

💡 *For healers, coaches, and therapists looking to refine their practice.*

Dive deeper into the **magick of the Five Element philosophy** with personalised mentorship. For each element, we'll explore its **strengths, challenges, and the emotional or physical symptoms of imbalance**. You'll learn practical tools, including **tailored nutritional and naturopathic guidance**, to harmonise these elements within yourself and the world around you.

👥 **1:1 & group mentorships available.**

👉 **Pricing available upon request.**

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## **Consultancy & project design**

💡 *For organisations, businesses, educators, and community leaders seeking transformative learning experiences and innovative projects.*

I bring a unique blend of expertise as a **learning designer, teacher trainer, and therapist** to consultancy projects, helping create impactful and lasting change. My consultancy work focuses on **transforming, disrupting, and innovating** systems—whether in education, training, or community-based initiatives.

### **What I Offer:**

- ◇ **Learning design** – Creating engaging educational experiences, training programmes, and workshops tailored to the needs of organisations and individuals.
- ◇ **Teacher training** – Supporting educators in adopting innovative, holistic, and student-centred approaches.

◇ **Visionary projects** – Helping businesses, institutions, and communities design initiatives that empower individuals, strengthen collaboration, and foster creativity.

### **Approach & Past Work:**

I merge **strategic thinking, deep transformational work, and creative methodologies** to develop solutions that not only address existing challenges but also inspire long-term change. Previous projects have included:

- **Workshops on emotional resilience** for professionals and teams.
- **Training for educators** to integrate holistic learning approaches.
- **Community-building initiatives** using human-centred approaches such as narrative practices, creative expression, and embodied exploration to foster learning and transformation.

👉 **Pricing:** Custom quotes available upon request.

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✦ **Your journey starts here.** Whether you're ready to step into your next chapter or need guidance to bring your vision to life, I'm here to support you.

✉ To book a session or ask any questions, reach out at [info@sophieacomat.com](mailto:info@sophieacomat.com) or send a message to +595 696729703.