

Hello, I'm Claire.

Thank you for being here.

Originally from France, I've lived and worked across countries, cultures and languages. Moving between different places and perspectives has shaped the way I see people and the world, and fuelled a lifelong curiosity about what moves us as human beings and what allows real change to unfold.

For more than 15 years, my work has centred on people, human behaviour, leadership and transformation. My professional path began in **entrepreneurship and leadership development**, and gradually led me deeper into coaching, communication, human behaviour, hypnotherapy and intuitive work.

At first, these may seem like very different worlds.

For me, they are connected by a simple belief:

People are more complex than any single framework can hold.

Sometimes we need clarity and perspective.

Sometimes we need structure and practical tools.

Sometimes we need to explore the patterns shaping the way we think, feel and respond.

And sometimes, we benefit from stepping outside our usual ways of understanding and listening to what is emerging from within.

Today, I bring these different worlds together.

I weave the clarity of leadership coaching with the depth of soul work.

Different frameworks, one deeper thread:

I'm a certified coach, hypnotherapist and Akashic Records practitioner.

My work brings together **coaching structure, psychological insight, emotional intelligence, embodied presence and intuitive exploration.**

Coaching can bring clarity, perspective and purposeful action.

Hypnotherapy can open space to explore deeper patterns, emotions and resources beneath conscious awareness.

Intuitive and Akashic work offer another way of exploring inner knowing, meaning and possibility.

I don't see these as competing approaches. I see them as **different frameworks that can support us at different moments and depths.**

Together, they create space for **clarity and depth, structure and soul.**

My approach is both practical and poetic, structured, but never rigid; grounded, while leaving room for curiosity, creativity and exploration.

What brought me here

My own journey has been shaped by movement between cultures, languages, places and perspectives.

Working with people from different backgrounds has taught me to question assumptions, stay curious and appreciate the many ways we understand ourselves, our relationships and our lives.

Over time, I became increasingly interested not only in what people consciously say they want, but in what may be happening underneath: the beliefs we carry, the patterns we repeat, the parts of ourselves we silence, and the resources we may not yet know how to access.

Coaching gave me a framework for clarity, self-awareness and action.

Hypnotherapy opened another door towards deeper patterns, emotions and inner resources.

Akashic work introduced another way of listening — intuitive, symbolic and spacious.

Each has taught me something different. Together, they have shaped the way I work today.

How I work

Whether I'm supporting a leader navigating complexity, someone moving through a personal transition, or women gathering in circle, I bring the same qualities into the space:

presence, curiosity, depth and care.

I work with what is tangible: decisions, relationships, communication, patterns and action, while making room for intuition, creativity and deeper exploration.

My role is not to tell you who you should become.

It is to create the conditions for you to hear yourself more clearly.

A life between cultures

Being French and living and working across different countries has shaped me deeply. It has given me a multicultural perspective and a lasting respect for the many ways people make meaning of their lives.

I work internationally and offer coaching in **French, English, Spanish and Portuguese.**

As part of the LGBTQIA+ community myself, creating spaces where people can feel seen, respected and free to be themselves matters deeply to me. I welcome people of all backgrounds, identities and orientations, and hold a deep respect for the many ways we love, live and express who we are.

Nature, movement & the spaces between

I love being outdoors, walking and hiking with my dogs, and exploring the landscapes around me. Having lived in Portugal, having a base between sea and mountains and spending increasing time in Greece, nature has an ever-growing place in my life.

I also bring this into my work through sensory walks, nature-based experiences, circles and retreats.

I love what happens when we step outside our usual rhythm: the senses awaken, conversations deepen, and something can shift without being forced.

What I believe

I don't believe transformation is about becoming someone else.

I believe it is often about returning to something that is already there:

your values, your inner resources, your creativity, your intuition, your own way of knowing.

Sometimes the next step isn't about finding the perfect answer, but about creating enough space for something true to emerge.

Perhaps transformation is less about becoming, and more about remembering.

My mission

My mission is simple:

to guide you back to your own clarity, creativity and soul connection, so your story can unfold with greater authenticity and light.

You don't need to arrive with everything figured out.

You may be navigating a transition, carrying a question, feeling called towards change, or simply sensing that something within you is asking to be heard.

You can begin there.

Come as you are.

With warmth & light,

Claire


