

MIND - BODY - EATING

stefanie grace
women's health coaching LLC



MY OFFERINGS AND EXPERTISE

Often, we try to fix the symptoms—whether it's overeating, stress around food, or discomfort in our bodies—by focusing on just one area.

But true healing happens when we look at the bigger picture. The connection between your mind, body, and eating habits is profound, and when we work on all three, we not only address the symptoms but also the root causes of your struggles.

Every challenge carries a deeper message. I'll help you tune in, listen, and respond in a way that brings peace and harmony to all areas of your life.

Work with me 1:1 and discover a whole new world of freedom and peace - step into your full power and live life in your fullest potential!

Love & Light



Yours Grace



OVERCOME UNWANTED EATING CHALLENGES

In a world where stress eating, overeating, binge eating, and emotional eating prevail, it's time to reclaim control and find a harmonious relationship with food.

Step out of the "out of control" mindset and discover the multifaceted origins of these challenges in physiology, psychology, and emotions.

It's time to empower yourself to heal and nourish your body through understanding and find freedom and peace in the relationship with food and body.



ESCAPE THE DIET CYCLE & EMBRACE INTUITIVE LIVING

Tired of hopping from one diet to another, only to find yourself back at square one? Let go of the unsustainable cycle of diets and excessive exercise. Statistics show that diets often backfire, 95% of those who lost weight in a diet, regained it within a year.

Don't settle for a 5% chance of success. Instead, gain insights into why diets fail and liberate yourself from diet culture. Dive into the world of intuitive eating and movement, experiencing true food freedom and embracing your body's intuitive wisdom.



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EMBRACE BODY POSITIVITY

Transform the journey from shame and negative body image to self-love and joy.

An empowering path to true liberation. You are inherently worthy and enough, exactly as you are.

Embark on the transformative journey of self-acceptance, practicing self-care, and ultimately cultivating deep self-love.



UNLOCK YOUR IDEAL WEIGHT

Discover the key to unlocking your body's wisdom and finding your well-being weight. Each person has a unique natural weight that promotes health and vitality. Explore habits and routines that align with your body's needs, allowing you to thrive at your own perfect weight.

RECLAIM YOUR ENERGY

Escape the clutches of fatigue and constant exhaustion that hinder your daily life. Uncover the underlying reasons behind your lack of energy by delving deep within. Through reflection and introspection, address the root causes and embark on a transformative journey towards reclaiming your boundless energy.

HEAL YOUR DIGESTION

Experience the profound impact of digestion on your overall well-being. Digestive distress, heartburn, bloating, and discomfort can significantly diminish your quality of life.

Embrace a fresh approach that illuminates all aspects of your life, guiding you to uncover the root causes of your suffering and heal your digestion from within.

BALANCE YOUR MOOD

Break free from mood swings that disrupt your life, especially during the monthly cycle. Unlock the vital connections between mood and overall health through the tools of mind-body-eating psychology. Your inner world reflects your outer world, and emotions are like inner motions that require release.

Discover how balancing your energy levels and addressing emotional blockages can uplift your mood and enhance your overall well-being.

STRENGTHEN YOUR IMMUNITY

Nurture a strong and resilient immune system—a key pillar of a healthy and joyous life. In a world filled with toxins that challenge our immunity, both through food and our environment, it's crucial to take charge. Boost your immune function through simple yet powerful tools from mind-body-eating psychology, empowering yourself to thrive in a world full of challenges.

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READY TO START A TRANSFORMATIVE JOURNEY WITH ME?

Book a FREE Discovery Call - where we get to know each other and see if we match.

Looking forward to see you soon!
Yours Grace

BOOK A FREE CALL

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