



NAOMI SAELENS

LIFE COACH

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TESTIMONIALS

"Since we have started working together, I believe in my dream and have taken significant steps towards making it true." - Henna

"My sessions with her undoubtedly helped me get over the burnout 'wall', and not only get myself back on track but become more aware of how to work more sustainably and healthily." - Devi

I have completely regained my confidence. I would recommend Naomi to anyone who is struggling with anxiety. As well anyone who is questioning their situation, taking on a new challenge, or knows the goals they want to achieve but doesn't have the ability or mindset to reach them." - Steve

MY STORY

Half Japanese, half Belgian, born in the UK and raised in The Netherlands, a Ha-fu (what I'm called in Japan), an ATCK (Adult Third Culture Kid), a highly sensitive person, I spent a large chunk of my life just trying to fit in and belong. While I now consider my heritage a beautiful asset, this wasn't always the way.

Growing up with this mixed background allowed me to easily adapt to other cultures and people. My sensitivity meant that I could easily tune into other people and I'm known for my ability to find harmony and bring different people and perspectives together. There's a peacemaker hiding in there somewhere!

But the ability to adapt so easily meant that I somehow also lost myself. The need to belong, to be part of something, meant that I developed an unhealthy need to achieve and prove myself worthy of belonging. My coaching journey then began many years ago as a teenager when I had my first depression, the first in a range to follow. This sparked a deep interest in personal development. Initially as a way of understanding and healing myself but later on much more as a way of helping others.

My personal mission has always been to contribute to a world that was bigger than my own. Fueled by a deep interest and passion for people, their welfare and the art of living. I start my career working in international development, and later on led me to my current path, life coaching. My journey has been one of learning to deal with depression and high sensitivity, lack of confidence, fear of failure, cultivating courage and ultimately self-acceptance. It's a beautiful work in progress.

This personal experience has been matched with formal training as a coach, starting in 2013 at Het Europees Instituut (De Baak Management School, The Netherlands) and continued in Bali with life coach and author Carl Massy in 2015. I'm also known as a personal development book junkie, and ongoing education and growth are high priorities for me. It never really stops does it? Nor does the journey...

My latest adventure involved really going after my own dreams and taking the plunge. That meant quitting my day job a few years ago, packing up my life, setting up a location-independent lifestyle, and working as a life coach to help others stop holding themselves back from the life they truly desire.

EDUCATION

Life Coach Training with Carl Massy • Coaching Programme, Europees Instituut, De Baak Management Centre • Executive Master in International & European Relations & Management, University of Amsterdam, The Netherlands • BA Honours Japanese & Politics, School of Oriental and African Studies, University of London, UK • Japanese studies, Waseda University, Tokyo, Japan

PROFESSIONAL DEVELOPMENT

Coach, The Practice Bali • Founder Naomi Saelens Coaching • Founder Fundamentals Fundraising • Resource Mobilisation Manager, Women Win • Resource Mobilisation Specialist, International AIDS Vaccine Initiative • Clinical Research Coordinator, Genzyme • Assistant Manager, Hoom Interior Design Business Partner Manager & Marketing Communications Officer, UMX Technologies