



*Give Sound & Rhythm to
your bigger dreams!*

Train your Self-Confidence Muscles!

Sing your own song!

Dance to your own rhythm!

Give meaning to your own voice!

Get excited about being you!

*Upgrade your life, work, business
and finances!*

Welcome!

Thank you for your interest!

I really appreciate you visiting my platform.

If you are anything like me, you would like to continue to develop yourself and continue to teach yourself new things. You also know that there is still so much to learn, but also so much to “unlearn”!

Interested to know more?



*You've come to the right place if you feel ready to take
your next step and **give Sound & Rhythm to your
bigger dreams!***



Again Welcome!

That is what my program is all about:

- *To overcome uncertainty (we all have them)*
- *Shift your fears (we all have them)*
- *Create a purposeful life and career you love (there is always something we can improve to increase the quality of our lives, work or business)*



Does this resonate with you?

*From the moment you sign up for this beautiful 12-week online program you will be going on **a journey to uncover:***

- Ways to align your corer values and create a life filled with purpose and fulfilment.



- Why understanding and implementing empowering values can transform your daily life.

A journey where you uncover:

- Strategies to boost self-esteem, develop resilience, and overcome negative thinking.



- Methods to turn your aspirations into clear, actionable steps toward success.

A journey where you uncover:

- Techniques to overcome the mental barriers holding you back and build the courage to pursue your dreams



- Steps to craft a vision roadmap that aligns your goals, values, and dreams into a compelling future.

A journey where you uncover:

- Time management approaches to balance personal growth, career ambitions, and life demands.



- Tips for forging meaningful connections and finding the mentors, peers, and community you need to thrive.

A journey where you uncover:

- Skills to cultivate assertiveness, self-promotion, and leadership to amplify your presence.



- The importance of celebrating wins, maintaining focus, and staying inspired on your journey.

A journey where you uncover:

- The transformative effects of Sound Therapy in calming fears, boosting confidence, and supporting lasting growth.



- True fulfillment comes when we align our passions with our actions, and purpose is found in every moment we choose to live authentically and with intention.



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Eveline Couvee

Okay!
A little bit about me!



Sound and self-expression have long been central to my life, even before I recognized their profound significance. In recent years, I have deeply integrated Sound and Rhythm into my sessions as a transformative tool.



I became a certified Sound Therapist, and, in October 2021, I completed my Associate Degree in Sound Healing from the Globe Institute in San Francisco (under David Gibson).

Additionally, I earned certification in Body Percussion Teacher Training.

During my studies, I conducted a research project involving 136 sessions to study the effects of Sound and Rhythm on individuals at emotional, spiritual, mental, and physical levels. I started it in 2020, and we still come together once a week





*So, if you are still
interested:*

This is for you:

If you are looking to find purpose in your career and life. Or feel stuck, doubting your ability to navigate the changes and challenges ahead.

And





If you need an empowering guide to navigate career and lifestyle changes with clarity, confidence, and purpose. Whether you are transitioning into a new career, pursuing a passion, or seeking fulfilment. This program provides the tools and insights to help you move forwards with certainty and strength.

And



The program will be a blend of transformative insights, actionable exercises, and innovative tools like Sound Therapy. It empowers you to embrace change, redefine success and create a life and career you love – on your own terms.

And



It's time to silence your fears, amplify your confidence and take bold steps towards the fulfilling future you deserve. Your journey to success starts here!

And



Learn how to break free from the endless cycle of uncertainty, fear and self-doubt holding you back from living the life you truly desire. Align your life and career with what truly matters to you. Build unshakable self-belief to conquer any challenge and create a happier, more fulfilling, and successful life.



So, what is the structure of the 12-week program:

I created this 12-week program because I wanted to go deeper into the topics of my book: The Sound of Success that is upcoming. I am so excited about my new book!

So my book will be the guideline to help you go through everything that is holding you back to sing your own song, to dance your own rhythm, to give voice to your own sound.



To make it even more magical, you will get every week a one-on-one Sound & Rhythm coaching call session with me. It will be totally focused on you, where you are, where you want to go to, what you need to do to get there.



It is a beautiful way to close every chapter by implementing everything you went through during that week on a deeper level into your body and into your awareness. It will be magical! You will set yourself up for wonders if you trust the process fully!

Why? Because that is what you need to become true to your own truth. I will give you the tools to get out of your head, to get grounded, to live more from your heart and connect with the deeper levels of your soul. To experience more joy, fun, stillness, free will, hope for the future etc.

You feel more alive! You have more energy! You are more connected to your body, to your life, with the people around you. You activate the energy to start and finish new projects and to do new things!



The Sound of Success

has become an in-depth and merger of the products mentioned above. They invite you to get out of your head and into your heart. All cards are induced with the energy of a specific light catcher, which continues to activate their magic and healing across time and space. By this I mean that they will help you to go through your specific blockages with much more lightness and joy and to transform them into something that will help you.

Your self-confidence grows and you start to see your discomfort with increasing ease. Life is getting interesting again!

I have a background as a Mindfulness and Body Awareness therapist. Combining my years of experience with Sound & Rhythm feels like a full circle and it is my joy and pleasure to share it with you. You can bring your life to a higher level of awareness and consciousness. And that is where I can help you with in using my program and coaching online. Everything I do right now is infusing Sound & Rhythm to empower you with your own sound, voice and pace in implementing it in your soul mission and have a life, personally and in your business, that gets you so excited that you never want to go back to your old life!



The program will help you to:

- to move through your changes and challenges with more ease, joy and confident
- to upgrade your work, business or finances
- to live a life with more meaning and passion
- focus more and build stronger concentration
- have more peace and stillness in your head
- stay more grounded and at ease in your body
- let go of old fears and transform them
- let go of resentment and negative emotions
- change unhelpful habits into helpful

By following the program step by step, you will permanently implement positive changes in your life.

The program increases or strengthens your:

- creativity
- intuition
- playfulness
- feelings
- free will
- resilience
- joy
- thinking
- body
- memory

Nothing fills my heart more than when participants understand themselves on a deeper level who they really are and why they do what they do and that they can really change things for the better if they want to.

This 12-week program invites them to take the next step on their path to greater fulfillment and living their bigger dreams.

This program can do this for you too!

Love Eveline

Eveline Couvee

Sound & Rhythm, Transformational Coaching

If you want to know more about the 12-week program, please contract me by e-mail to make an appointment for more information etc.

It will be my joy to help you live your bigger dreams!

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