



R.ACTIVATE



Sophie V.

Taking time for yourself is not a luxury, it is a necessity. When you pause and reflect, you create space for authentic healing and growth.

“Almost everything will work again if you unplug it for a few minutes... including you.” – Anne Lamott

**#THEPOWEROFPAUSE #BREATHEANDREFLECT #CONSCIOUSLIVING
#GROWTHMINDSET #AUTHENTICLEADERSHIP #PAUSEANDRECONNECT
#REACTIVATERETREATS #GENTLEYOGA #STRESSRELIEF
#BURNOUTRECOVERY #EXECUTIVEWELLNESS #LEADERSHIPBALANCE
#HIGHPERFORMANCEMINDSET #HOLISTICWELLBEING #MINDFULLEADERSHIP
#SELFCAREMATTERS**

Background

With over 20 years of experience as an HR Director and Board Member, I understand the challenges and responsibilities that come with executive leadership. Throughout my career, I have learned that true growth and success start with individual well-being.

Pause and Reconnect

In today's fast-paced world, we rarely take the time to pause and check in with ourselves. I invite you to slow down, take a deep breath, and reconnect with your inner self. Relaxation and growth begin with creating space for yourself. Sometimes, all it takes is a moment of stillness, a conscious breath, or gentle movement to regain balance and clarity.

Re-activate Retreats – A Holistic Approach to Well-being

Through the Re-activate Retreats, I provide a warm and safe space where you are at the centre. Here, you can experience:

- Gentle yoga & movement – to release tension and restore balance.**
- Relaxation massages – to unwind and reconnect with your body.**
- Mental guidance – to gain clarity and find your way forward (with an extra specialization in stress and burnout support.**

My approach is both gentle and supportive, holistic, mindful, compassionate, and nurturing, yet empowering and present. Whether you are seeking relaxation, renewed energy, or a deeper connection with yourself, I am here to guide and inspire you on your journey.

“I listen. I guide. I facilitate. Because true well-being comes from within.”

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