

RESILIENCE COACH

Elite resilience coaching for those who shape the future



LIVE WITH PURPOSE AND VIRTUE

“It takes mindfulness to come to human life. And above that, it takes mindfulness and virtue to come to a fortunate human life.”

— Guy Burgs, spiritual teacher

Are you navigating life with clarity, confidence and authenticity? Are you giving as much care to your body, mind and soul as you are to your goals?

As your coach, my hope is to help you recognize your potential and find motivation in simply living with purpose and virtue.



MASTER RESILIENCE

Life is unpredictable and setbacks are part of the journey. But for those in the public eye ultra-high-net-worth (UHNW) and legacy wealth families — setbacks can be high-profile.

Expectations, responsibilities and scrutiny not just shape your identity and choices but also how we navigate life physically, mentally and emotionally.

Putting up a brave front and facade of control is not sustainable. It is about gaining mastery over your energy, well-being and inner balance.

Life is meant to be extraordinary, the secret lies in how we choose to respond in order to navigate the complexities of the mind and the world around us.

Master resilience. Elevate your energy. Realise your potential. You will live fully when you quieten the mind and open the heart. You don't need doubt because you already know.



FOR THOSE WHO SHAPE THE FUTURE

Welcome to Rise to Move: elite resilience coaching for those who shape the future.

I am Natalie Bruyns, licensed resilience coach and natural health therapist. I offer private, one-on-one coaching that integrates HeartMath techniques, ancient wisdom and modern science to UHNW individuals who want to lead with confidence, optimize their health and extend vitality.

My career spanning over a decade working in business development with family offices in London, Singapore and the Middle East, has allowed me deep insight into the unique stressors faced by UHNW individuals and family offices— from wealth preservation pressures to complex interpersonal dynamics. This, along with a personal transformative experience has further strengthened my resolve on the rewards of resilience, vitality and intentional living.



SUSTAIN PEAK PERFORMANCE

Why resilience matters: It offers a strategic advantage.

Resilience coaching helps you sustain peak performance, navigate uncertainty and future-proof your vitality and longevity — all while staying aligned with your legacy and personal aspirations.

The HeartMath technique is a system of stress management and emotional self-regulation based on heart rate variability (HRV) and coherence training. It was developed by the HeartMath Institute to help individuals build resilience, enhance well-being, and optimize cognitive and physical performance. It is effectively used in sports performance, corporate leadership, healthcare, and personal development to improve mental and emotional resilience.

- Heart-Focused Breathing
- Quick Coherence® Technique
- Freeze-Frame® Technique
(for decision-making & emotional regulation)
- Coherent Communication™
(for relationships & performance)
- Inner Ease™ Technique
(for long-term resilience)

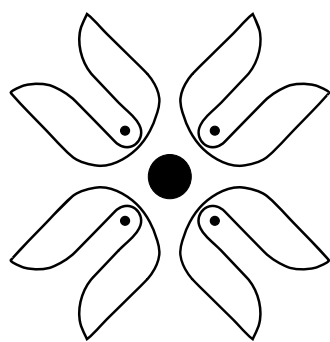


BESPOKE COACHING

Private. Transformational. Elite.

My experience with single family offices has also taught me the essential value of being a professional in someone else's home. Trust, loyalty, and privacy are at the core of my work. The ability to respect the sanctity of family privacy is not just a service I offer, it is an intrinsic part of my character.

Drawing on my extensive experience in the Family Office sector, I am equipped not only with a network of the world's top advisors, but also with qualifications that span natural health therapy, advanced yoga modalities for sport, and meridian yoga therapy. These specialized skills allow me to offer a holistic, well-rounded approach to resilience, high performance, and vitality, helping you move beyond mere survival and thrive with intention.



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