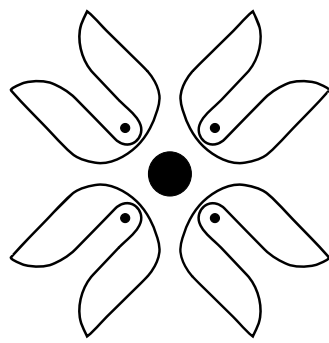




RESILIENCE COACH

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 inner-energy state 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.

True strength lies not in control, but in coherence — in mastering energy, balance, and presence.

Vitality begins when you pause, reconnect, and return to life's natural rhythm — where clarity unfolds and coherence becomes your compass.

When the heart leads, life moves with purpose — and the extraordinary becomes your natural state.

Welcome to Rise to Move: Elite resilience coaching for those who shape the future. Blending science and somatics to create a state where physiology meets philosophy, the Rise to Move Method reconnects you with that inner knowing — and resilience becomes your natural rhythm.



FOR THOSE WHO SHAPE THE FUTURE

I am **Natalie Bruyns**, licensed resilience coach, natural health therapist and founder of Rise to Move. I guide UHNW individuals toward a state of coherence — where energy, clarity, and purpose align. My framework blends HeartMath® techniques, advanced movement therapy, and the latest in performance science and physiological tracking to cultivate balance that is both measurable and deeply felt. I help clients reach a state where resilience becomes not a reaction, but a refined way of being.

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 stressors of legacy, leadership, and high responsibility.

This, along with a personal transformative experience has further strengthened my resolve on the rewards of resilience, vitality and intentional living.

Over time, I've come to understand that resilience arises not from striving, but from coherence — where body, mind and spirit align.

“In a balanced state, clarity sharpens, energy steadies, and resilience becomes effortless. A calm nervous system turns decision-making into intuition and life into flow. This realization is at the heart of my work — and the foundation of the Rise to Move Method — both a philosophy and a framework for living well.” - Natalie Bruyns



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 true to your legacy and personal aspirations.

The Rise to Move Method: The Rise to Move Vitality Framework

One integrated coaching system that unites physiological readiness, emotional regulation, and performance recovery into one coherent framework for sustainable vitality.

The Rise to Move Vitality Framework blends measurable science with embodied practice to cultivate coherence as a lived experience. At its core lies the belief that transformation begins within — from the quiet intelligence of the body's own feedback systems. It integrates a suite of proven systems designed to restore balance and resilience from the inside out.



SUSTAIN PEAK PERFORMANCE

At its foundation are **HeartMath® techniques**, cultivating heart-brain coherence — a measurable state where calm and clarity align. The 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)

Corrective movement drawn from Yoga Foundations, Yoga for Sports, and Meridian Yoga Therapy draws on principles of **biomechanics, fascial research, and energy medicine**, recognising the body as an interconnected system rather than a collection of parts. It enhances alignment, stability, and energetic flow, making the body a channel for balance rather than tension. Energetically, rebalanced meridian flow supports emotional equilibrium and vitality. Together, these shifts **build a body that can absorb, adapt, and recover** — the very definition of resilience.



SUSTAIN PEAK PERFORMANCE

The **habit coaching** element of the Rise to Move Method transforms this understanding into practice. Inspired by James Clear's Atomic Habits, it applies the **science of behavior design** through rhythm and environmental cues, encouraging transformation through small, intentional actions aligned with the body's natural cadence. With guided practice awareness transforms into **embodied change**, turning routines into rituals and coherence into a strategic advantage.

Finally, **OmegaWave® technology** brings measurable precision to this process — assessing brain readiness, stress load, recovery capacity, and energy coherence. By translating **physiological data** into insight, it strengthens the dialogue between body and mind, bridging intuition with information. This feedback-driven approach allows clients to see and feel their progress; physiological biomarkers provide the feedback for clients to understand their **capacity to train resilience** into a verified state of coherence.

Through the integration of functional and energy science, somatic awareness, and heart-brain-body coherence, the Rise to Move Vitality Framework goes beyond performance — it cultivates presence.

When your systems move in coherence, resilience stops being a reaction to stress and becomes your natural rhythm.



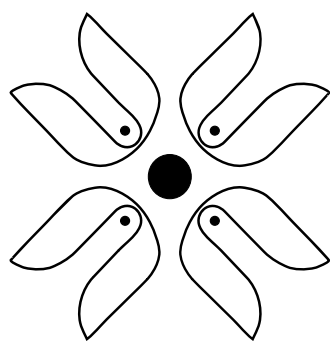
BESPOKE COACHING

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.

With extensive experience in the Family Office sector, I combine access to a trusted global network with multidisciplinary qualifications in natural health therapy, advanced yoga for sport, meridian yoga therapy, HeartMath resilience coaching, and spa management.

Drawing on functional and energy science alongside somatic methodologies, I deliver an integrated approach to human performance and vitality – helping high performers move beyond resilience as survival to vitality as a deliberate way of life.



🌐 www.risetomove.com

✉ studio@risetomove.com

☎ +66 92 538 3424