

HELEN SODEN

YOGA, COACHING &
MEDITATION PRACTITIONER

BACKGROUND



Helen combines her experience in coaching with a deep understanding of Yoga and wellbeing. She coaches leaders to approach their work with empathy, curiosity, and a sense of joy.

Her journey into yoga started with an inflexible body, a painful lower back injury and a stressful job. Yoga has gifted Helen with so much: a strong and more flexible body, a healthier spine, a greater sense of self-confidence, a feeling of being calmer and more relaxed, but also so much more. As a Yoga Teacher Helen brings this sense of calmness and wellbeing into her coaching sessions.

The practice of Yoga and meditation has given Helen a deep connection with her inner self that has led to an immense feeling of calm and quietude. It has also enabled her to see and feel more deeply the interconnectedness of everything around us. Yoga has helped her to deal with the stresses of life in a much healthier and less reactive way and by bringing this learning into her coaching she is able to empower people to become the best version of themselves whilst focusing on the really important goals we all have and set for ourselves.

She is passionate about creating a safe, supportive space where leaders can nurture and develop their own authenticity step-by-step, whatever their age or experience, introducing techniques and language that professionals need when working from the perspective of possibilities, strengths, and well-being. During executive coaching and professional learning events, Helen helps leaders build relationships as the foundation for leadership growth.

Helen works with her clients to integrate their physical, intellectual, and emotional selves to encourage resilience, self-discovery, and confidence in decision - making.

Helen believes that we all have such busy and hectic lives and it's more important now than ever for our health and wellbeing to take time to relax and practice self-care. Her coaching explores how to find that balance between our work and our life goals.

She teaches Yoga and meditation in order to share the incredible physical, mental and spiritual benefits with others. Yoga isn't just about movement. It is so much more than that. It is the journey to the self which is also reflected in her coaching practice.