Transformational × High-Performance Coaching

Inner clarity. Physical capacity. Sustainable performance.

A personalized coaching journey combining transformational coaching with high-performance and physical coaching to support meaningful, sustainable change.

We work with both the **inner and outer dimensions of growth** — how you understand yourself, navigate challenges, and make decisions, alongside how you move, recover, and develop your physical capacity.

Rather than following a fixed program, we begin by understanding where you are, what you want to work toward, and what may be standing in the way.

Together, we create an approach that reflects your needs, intentions, and readiness.

Two Coaches. One Integrated Journey.

Ceecy — Transformational Coaching

Exploring the person behind the goals.

Through deep listening, mindfulness, self-inquiry, and transformational coaching, Ceecy helps create space to explore the patterns, beliefs, choices, and experiences shaping your life.

Areas of focus may include personal clarity, identity, relationships, transitions, leadership, boundaries, and life direction.

The intention is not to provide answers, but to support you in developing the awareness and clarity to discover your own.

Roman — High-Performance & Physical Coaching

Developing physical capacity for sustainable performance.

With over 10 years of experience in elite sport, Roman brings expertise in movement, biomechanics, physical conditioning, recovery, injury prevention, and performance development.

His approach is adapted to your current condition, lifestyle, capabilities, and goals.

The Whole-Person Approach

Sometimes the mind is ready, but the body cannot keep up.

Sometimes the body is capable, but uncertainty, habits, or internal patterns hold us back.

And sometimes the challenges we experience cannot be understood through physical or mental performance alone.

This program brings both perspectives together, exploring not only how you can perform better, but how you can live and grow in greater alignment with yourself.

Your Journey

Discover → Assess → Set Intentions → Personalize → Practice → Reflect → Integrate

Depending on your needs, the journey may include transformational coaching, mindfulness, self-inquiry, movement, physical conditioning, recovery practices, and other mutually agreed approaches.

Each program is individually designed, with opportunities to reflect, adapt, and integrate new awareness and practices into daily life.

Who Is This For?

This program is designed for individuals who are:

- Navigating personal or professional transitions
- Seeking clarity, direction, and meaningful change
- Managing demanding careers, leadership roles, or performance expectations
- Looking to strengthen physical wellbeing and sustainable performance
- Experiencing a disconnect between their goals, lifestyle, and physical capacity
- Ready to invest in their personal growth across multiple dimensions

Program Options

3-Month Integrated Journey

A focused period of discovery, practical development, and integration.

6-Month Integrated Journey

A deeper, extended coaching partnership allowing greater space for exploration, development, reflection, and adaptation.

Each journey is personalized following an initial discovery and assessment process.

You are more than your performance. And transformation is more than what happens in the mind.

We work with the whole person — how you think, feel, move, choose, and live.

Enquire About This Program