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A balanced society needs women who are in full possession of their physical, emotional, mental and spiritual powers...



**Personal coaching  
for women**

Contact:  
[contact@digitalin.co](mailto:contact@digitalin.co)  
[dominique@the-hub.today](mailto:dominique@the-hub.today)  
Whatsapp 0032/473 65 28 95

# I help you manage

## Yourself

Your emotions, your triggers,  
your challenges

## Relationships

Family, friends, colleagues,  
intimate relationships...

## Your position in the relationship

What roles do you play in the company  
and how do you combine them?

Do you feel good in your job?

Is there a good balance between  
private life?



"I was born in Belgium, but my love  
for Senegal, its people and its culture  
is growing all the time.

I am highly motivated to work for  
and with the women of Senegal.

Coaching, empowerment, self  
leadership and leadership are my  
specialities.

"My goal is to guide  
women in determining  
their life path, to  
strengthen them in  
achieving their dreams  
and goals so that  
Senegalese society can  
face the future with  
discernment".



I guide you on the path to a state of happiness and  
peace in your life.