

4 years... I can't even start to believe that in November this year I have been working weekly with Michele for four years. Working is not even the right word to describe the journey we have been together on for such a long time. To my opinion, if you don't see time passing by like this, it means you are undoubtedly moving forward. Yesterday I saw a post on my Instagram feed that prompted you to forward it to your most loyal friend as a thank you for being there for you. I forwarded it to Michele, her name is the first one that came into my mind. Michele is one of a kind who just connects you back with yourself, with your inner being. She is the silent observer, she never judges, always pull the positive side out of what you are going through, she lends you her lens of goodness and empathy so that you can watch yourself as she sees you. She never does the work at your place, she always suggests, never imposes. Connection, kindness, empathy, encouragement and love are the words that come to my mind when I think of the person that, along the years and the challenges we have been through together, was always there to lift me up, to show me that I had within me what would take me to my next step on my journey to find myself. She is like the developing solution that photographers in the ancient times plunged their analog photos in, in order for those pieces of paper to reveal to the world the beauty they had within them. And the picture of yourself that she holds in front of you is even more beautiful than the one you could ever imagine. The magic that Michele has within her is that in the end you will believe in yourself as much as she believes in you, you will end up loving yourself as much as she loves you. And that is not just a little something, that is huge, especially for myself. I used to be a very negative person, self-doubting me as hell, down-talking to me as you can't imagine. And in the last 3 years I achieved 3 of the most important goals of my entire life :

- I wrote and published a testimony book and created a local author collective
- I followed an equine mediation training course: not those online seminars you could imagine, no, a one-year training with over 100 hours of practice with horses
- Last but not least, at the age of 55, and with physical disabilities, I followed a very emotionally and physically challenging one-year full-time training to become an equestrian tourism guide, which I brilliantly succeeded in obtaining the 5 certification units on first attempt.

I have done and achieved all this in a very challenging family context, single mom to 4 adult children, among them 2 with major psychological traumas.

I could never have gone through those years without Michele. She has been my lifebelt through all these storms, just by being there, holding my hand, listening to me, encouraging me. She was there, she still is. Our weekly chats are a shining sun in my week. We have become through the years as close as what friends could be called.

If I had to summarize what Michele helped me to achieve and to become in a few words, it would sound like this : being grateful for what I have, giving myself grace and time and being gentle to myself, serve others in every possible way while keeping the necessary boundaries, listening to my gut and my instinct, my bodies knows it all before my mind, holding myself accountable for the choices I make.

Michele has simply taught me self-love and how to believe in myself. I am a different person today as I was 4 years ago, I worked on myself to become that new person, I am healing, truly. I am in constant progress to always go for the next step. And Michele is the person I would especially like to thank for helping me to achieve those monumental changes within me. Never could I have made it to where I am today without Michele, that I like to call a dear friend today.

Michele, Thank you, merci du fond du coeur ♥ - Tania Zimen