Nicole Barre

Compo Mentis means having mastery over the mind.

I am a Life Coach with a background as a Holistic Health Practitioner since 2010 and I`ll admit, I am in love with health in all its facets. Mental health is one I particularly love because it is so imperative to how we mold and create our lives.

`We are shaped by our thoughts; we become what we think.` Buddha

Through my journey, I have accrued a wealth of knowledge and experience; Life Coaching, Reprogramming Subconscious Beliefs, Discovering Embracing Needs, Ending Codependency & Enmeshment, Utilizing Nutrition and Acupressure to mention a few. Presently I am working towards my Clinical Hypnotherapy with ARCH Canada.

As a Life Coach, I am so grateful to be able to support people through transitions and challenges in their lives. I get to aid individuals as they find a new layer of their own authenticity, inspiration and motivation to re-create their present lives.

With the right tools and support, it's easy to uncover our new beliefs and behaviours to fit our evolving goals and desires.

<https://www.compomentishypno.com>