

Camilla Sacre-Dallerup Biography

Camilla Sacre-Dallerup is a trained Life Coach, Master NLP Practitioner, Certified Hypnotherapist and Meditation Teacher, as well as a Reiki Master. She is also a Mindfulness-based Stress Reduction Instructor and global best-selling author of three self-help books.

Camilla's wellbeing business - Zenme Coaching by Camilla Sacre-Dallerup - is based in Los Angeles where she works with a range of local and international clients, from CEOs and celebrities to business owners and executive tv producers, specialising in challenges faced by those at the top of their professional game.

Positively aligning your subconscious mind with your conscious path lies at the heart of Camilla's coaching methods. Harnessing all or a combination of seven powerful mind tools, her signature 7-System Mind Method identifies and erases previously-programmed limitations, up-levels existing negative thought patterns and raises your vibration from zero to hero.

Camilla is a progressive motivational speaker at consumer and corporate events, and runs her exclusive reiki, crystals and chakra balancing and Deep Calm classes at the renowned Unplug Meditation in Los Angeles. She is one of the studio's most popular teachers.

Her three self-help books - *IT'S NOT YOU, IT'S ME*, *REINVENT ME* and *DREAM, BELIEVE, SUCCEED* - are international bestsellers and her courses, meditations and teachings are loved by thousands around the world. She remains close to her professional dancing roots as Head Judge on *Dancing With The Stars* in New Zealand.