

OUR TEAM



JEROME DE CLARENS
HEALTH AND PERFORMANCE COACH



Jerome De Clarens, a seasoned Health and Performance Coach committed to empowering individuals on their journey to improved well-being and enhanced performance.

Performance Health coaches specialise in optimising an individual's overall well-being and capabilities to enhance their performance, both in personal and professional realms. These coaches utilise a holistic approach that encompasses physical, mental, and emotional aspects of health. By providing guidance in areas such as goal-setting, stress management, nutrition, exercise, mindset development, and lifestyle adjustments, Performance Health coaches help individuals identify and leverage their strengths, enhance their resilience, and cultivate habits that lead to sustained improvements in performance and overall quality of life. Their role involves empowering clients to achieve their full potential by implementing tailored strategies that align with their unique needs, promoting a balanced and thriving life.

Jerome brings a wealth of experience in guiding individuals towards a holistic approach to health and performance. His coaching methodology is rooted in a comprehensive 4-step approach, designed to elevate your overall quality of life.

Here's a glimpse into Jerome's approach:

1. Know Yourself and Others: Understanding yourself and those around you is key to creating a harmonious environment. Jerome's guidance will help you navigate relationships and situations with clarity and effective communication.
2. Stick to Your Values: Rediscover your energy by aligning actions with your core values. Jerome will help you manage challenging moments while staying true to what matters most to you.
3. Adopt a Positive Mindset: Transform your mindset to see challenges as opportunities. Jerome will assist you in creating a daily routine that fosters a positive outlook on life.
4. Gradually Implement Change: Celebrate small victories daily to make significant progress towards your goals. Jerome emphasises the importance of disciplined, incremental growth.

By partnering with Jerome, you will embark on a journey of self-discovery, resilience, and proactive steps towards achieving your personal and professional aspirations.

We invite you to explore how Jerome De Clarens can be your ally in optimising your health and performance.

Jerome De Clarens fee- Minimum 3 month commitment, HK\$ 3000 per month

