

MY STORY

FABIENNE

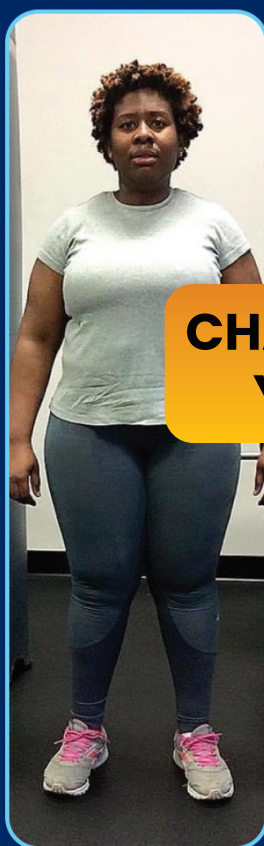
Coach FAB

Hello and Welcome! My name is **FABIENNE** (Coach Fab). I am a mom, health & wellness coach and entrepreneur. My mission is to empower you to create lasting change in your life. Through our all-inclusive platform, **FABZ**, I help clients nurture positive habits for mind-body wellbeing. I specialize in nutrition, and mindful practices, creating an engaging atmosphere for clients.

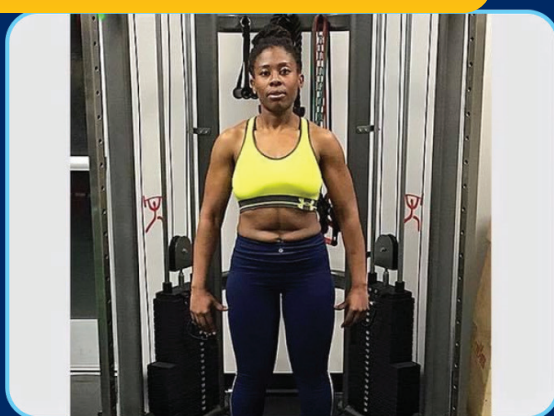
I'm a Haitian-American, and my story is one of conflict between two cultures. Raised in a traditionally-Haitian home but also exposed to different life experiences and opportunities in America, I experienced a clash between my upbringing and what was around me. As a result, I developed an unquenchable thirst for knowledge and truth that has shaped the person I am today. Despite the obstacles that often arise from moving back and forth between two very different worlds, I strive to embrace all aspects of my heritage and create something unique out of it.

After my son's father passed away, I fell into depression and unhealthy habits manifested in physical form, yet my son was still my source of motivation and hope.

BEFORE



CHANGE STARTS WITH YOUR THOUGHTS



AFTER

FABZ™



With a change of mindset, I began to see the possibilities, and reaped amazing results including improving my health and well-being.

Feeling more confident showing full body pics. Increased self esteem | radiant | empowered | energetic.

Life has drastically improved due to a shift in perspective.

Body Dysmorphia is real, and I struggled at the beginning to accept my body.

Looking back, amazing results have been achieved with just a change in mindset.

It proves that sometimes the impossible can be achieved through a new outlook.



MY MISSION EXTENDS BEYOND SIMPLY SHEDDING POUNDS. I STRIVE TO SHIFT THE CONVERSATION AND INSPIRE OTHERS WITH THE TRUTH THAT LIVING A HEALTHY, GRATIFYING LIFE IS COMPLETELY ATTAINABLE.



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Fabienne Daniel



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