



Carolanne Hall-Depeyre

Certified TRE® & Breathwork Coach

✉ carolanne@free-your-soul.co.uk

🌐 free-your-soul.co.uk

🌐 [linkedin.com/company/free-your-soul-tre](https://www.linkedin.com/company/free-your-soul-tre)

From Burnout to Balance

I help **burnt-out professionals, trauma survivors, and highly-stressed individuals** recover from **chronic overwhelm** and **exhaustion** so they can feel calm, relaxed and fully alive.

Years ago, I was a consultant in the world of **aviation leasing**— I lived on the high-pressure, fast-paced, and relentless busyness. Until I didn't. **In 2019, a huge burnout and subsequent chronic fatigue grounded me—literally.** My body refused to keep pushing.

That breaking point led me to a breakthrough. I discovered the nervous system's role in healing and health and learnt powerful tools that changed my life forever:

- ✨ **TRE® (Tension & Trauma Releasing Exercises)**
- ✨ **Breathwork**
- ✨ **Grounding**
- ✨ **Mindful Self-Compassion**

These practices helped me **release the years of chronic stress, feel safe and calm again**, and finally reclaim my energy.

I know what it's like to run on empty. I went from chronic exhaustion to truly thriving again without forcing, fixing, or fighting myself. Now, I help others do the same.

Who I Work With

I support people of all ages—my youngest client was 7 and my oldest 87—through **one-on-one courses or programs, group workshops, and facilitating retreats.** My clients include:

- ✓ **Burnt-out professionals** ready to break the cycle of stress and exhaustion
- ✓ **Veterans & first responders** processing trauma
- ✓ **Individuals with PTSD, Parkinson's,** and chronic conditions
- ✓ **Parents, children, and families** navigating high tension/stress at home

If you're stuck in stress, exhaustion, or emotional overwhelm, I can help you restore energy and resilience through my **Burnout Recovery Program** or structured **TRE® & Breathwork courses.**



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What Makes Me Unique?

Global Experience

I've lived and worked in **Scotland, Ireland, Sweden, the UAE, Portugal, and Spain** (currently based in Sevilla).

Specialised Training

Certified in **TRE®, Breathwork, Polyvagal Theory, and trauma healing techniques.**

Retreat & Workshop Leader

Facilitating **TRE® retreats across Europe** and providing **online support** to clients worldwide.

Guiding with Compassion & Experience

I don't just teach these practices—I live them. I meet you where you are, and guide from a place of deep understanding and compassion.

Facilitating in English or French

Sessions offered in **English (native)** or **French (B1 level)**.

Credentials & Training

- ✓ **Certified TRE® Provider** (Dr. David Berceli's official website)
- ✓ **TRE® Masterclasses & Advanced Training** – TRE® Australia
- ✓ **Breathwork Coach Certification** (400-hour training)
- ✓ **Oxygen Advantage Breathwork Facilitator** (in progress)
- ✓ **Polyvagal Theory Training** – Deb Dana
- ✓ **Mindful Self-Compassion** – Kristin Neff
- ✓ **Masterclass for Healers** – Dr. Gabor Maté

Beyond Work: The Fun Stuff

-  I'm a former **multi-champion Highland dancer**—and yes, I still dance!
-  I **hiked 54 miles in 22 hours** on Scotland's West Highland Way—twice!
-  I'm a proud **mum of two** who keeps up with their energy thanks to a regulated nervous system!

Ready to Feel Better?

If you're **burnt out, overwhelmed, or just curious**, I'd love to connect. Let's explore how you can move toward balance, resilience, and renewed energy.

 **Message me to book a free consultation**