Kylie van Luyn

Founder, Elevated Coaching and Consulting Global

Please tell us about the work that you do as a practitioner or advocate in the wellness industry.

I launched ECC Global in Sydney, Australia, in June 2021, and then expanded into the US market in June 2022. My family and I re-located to the US nine months ago, and we now deliver our coaching and consulting services and programs globally.

I am a Psychotherapist, Neuro-lingustic Programming (NLP) Master Practitioner and emotional intelligence coach, and I also have qualifications in Nutritional Medicine. When I launched the company, I created a bespoke coaching program (Elevated Mindset®) that uses multiple modalities and adopts a combination of psychology, behavioural science, NLP and neuroscience techniques, research and practices to support individuals, teams and leaders to shift their mindset and sustain behaviour change to achieve success and fulfilment. We also do a lot of work advocating for, and supporting, organisations to foster greater workplace psychological safety to improve employee health and well-being.

Have you always had an interest in wellness?

I have always been fascinated by the human brain, mindset and holistic health. I truly believe everything starts with the mind, and I believe human beings don't recognise or use the full power of the mind when it comes to our health and well-being. Most people don't recognise that we have control over our thoughts, what we tell ourselves, and how we perceive things. This all contributes to our mindset and how we show up in the world. I studied personal training and nutritional medicine over 10 years ago, and I am fascinated by holistic health and healing.

What are your thoughts around water wellness and how can our readers use this for their benefit?

Water wellness is a captivating concept that taps into the innate connection between humans and water. Beyond its physical benefits, water has a profound impact on our mental and emotional well-being. Whether it's the calming sound of waves, the refreshing feel of a swim, or the meditative act of simply being near water, incorporating water into our wellness routines can be transformative.

Embracing water wellness can be as simple as taking a mindful walk by a river or scheduling regular beach visits. Even incorporating water elements into daily rituals, like enjoying a warm bath or staying hydrated with infused water, can make a noticeable difference in overall wellness.

In essence, water wellness offers a holistic approach to health, inviting us to immerse ourselves in its soothing embrace for physical, mental, and environmental benefits.

Is your understanding about water as a key to wellness something that you remember having as a child?

As a child, I was instinctively drawn to water – finding enjoyment, solace and joy in its presence. I vividly remember the sense of freedom and rejuvenation that came from splashing in puddles after a rainstorm or playing in the waves at the beach. Even then, I understood on a basic level that water was essential not just for fun but for life itself.

I recall family outings to the beach, lakes and rivers, where my parents would emphasise the importance of staying hydrated and respecting the power of the ocean and water as a precious resource. These early experiences instilled in me a profound respect for water and its role in wellness. Today, as I advocate for water wellness, I draw on these memories to highlight the intrinsic connection between water and our overall well-being.

Can you remember when you first realised the importance of wellness in your daily life?

It was when my darling mother was diagnosed with terminal cancer when she was only 47 years old. I was 21, and it was devastating and life-altering. My sister and I made it our mission to research foods and supplements that would enhance her well-being and prolong her time with us.

This research sparked my passion and interest in nutrition as medicine and things like mindfulness, meditation, mindset and the power of positive thinking to heal the body and the mind. As I grew older and experienced my own challenges, I realised that what we feed our bodies and our minds has the power to positively contribute to, or deplete, our health and well-being.

Did you do any special training and try different things before you found the right healing modalities for you?

I have been coaching people for over 15 years, and a few years ago I trained as an NLP Master Practitioner, emotional intelligence coach and Psychotherapist. I have tried many different modalities and continue to draw from my research to find what will support me and my team to evolve as individuals and professionals supporting others.

Tell us about what it means for you to be sharing your story as a co-author in the book – *Learning Through Pain*.

Becoming a writer has been a transformative journey for me – one that has allowed me to share my message of hope, resilience, and healing with others. It is important to share my message because I believe that everyone deserves to live a life free from the constraints of chronic pain. By sharing my story and the strategies that have helped me on my healing journey, I hope to inspire others to take control of their health and well-being.

Being a co-author in *Learning Through Pain* is an honour, because holistic health, well-being and healing is something I am incredibly passionate about. I hope that our collective experiences and insights will offer a beacon of light to those who are struggling – showing them that healing is possible and that they are not alone in their journey.

We don't want to reveal everything from your chapter in the book, but can you provide a top tip for our readers on how to manage pain and integrate wellness activities into their day to help them heal?

Listen to your body and prioritise self-care and wellness. I always say if you don't make your health a priority now, you will need to make time for illness later. Pay attention to how your body feels and what activities or treatments provide relief. This could include gentle exercises like yoga, which can improve flexibility and reduce pain, or mindfulness practices such as meditation or deep breathing, which can help manage stress and improve overall well-being. Incorporating these activities into your daily routine doesn't have to be time-consuming. Even just a few minutes of focused attention on your body and mind can make a significant difference.

Also, cultivate a growth mindset and harness the power of positive thinking. Instead of viewing pain as a permanent barrier, see it as a challenge that can be overcome with perseverance and a positive outlook. Focus on adopting a growth mindset, which involves believing that you can improve and grow through effort and perseverance. This mindset can empower you to explore new wellness activities, experiment with different pain management techniques, and ultimately find what works best for you.

By combining the power of positive thinking with holistic health practices, you can create a healing environment for your body and mind, paving the way for a healthier, more fulfilling life.

Can you describe the importance of wellness and water as a lifeforce for our readers in three words?

Vital, nourishing, renewing.

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