



PRIVATE IFS RETREATS

COACHES BIO

A unique combination of entrepreneurship, corporate know-how, executive coaching skills, healing, creativity and intuition.

Thomas van Praag

An entrepreneur at heart and energetic life enthusiast, Thomas is passionate about exploring different paths. He helps people to connect to their inner world with curiosity and compassion.



Thomas has always been comfortable at moving in different directions at once. Simultaneously studying IT and psychology and attending theatre school, he also started his first company during his student days. He has been building IT-businesses for over twenty years, enabling decision makers across organisations to find creative solutions in the world of data analytics.

As an active impact investor in Europe and Africa, he is dedicated to supporting entrepreneurs who try to make the world a better place. His current passion: hosting retreats at Domaine Lescure, the estate he is restoring in Southern France.

Throughout his personal development journey, the healing power of reconnecting to nature has always been a constant. In recent years, he has learned to explore his inner world with curiosity and compassion with Internal Family Systems therapy (IFS). As an IFS practitioner himself he is dedicated to guiding people to connect to their core. An experience that can be truly transformative.

Thomas has had the privilege to work with IFS founder Richard Schwartz. He is also a certified Forest Therapy Guide from ANFT and a Breath Practitioner. He holds a master's degree from Leiden University. He studied and lived in Africa, France, Belgium and the USA and speaks English, Dutch, French, and German. He currently works out of The Netherlands and France.

He loves working with his hands, building things and taking care of the land, and he likes to unwind in the hot tub he made out of a tree.

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Véronique Van Hoye

A writer and wabi-sabi lover with a passion for art, design and fashion. Véronique inspires people to see beauty everywhere and live well by embracing what is.



Véronique combines international corporate expertise with unrestrained creativity. She has led teams in the hospitality industry and is an all-round corporate communications specialist, with experience ranging from strategy development to project management. She's also a skilled creative writer and editor.

Eight years ago, she took a leap of faith, said goodbye to corporate life to restore an abandoned estate in Southern France, Domaine Lescure. This adventure led her to blogging about renovation pains, personal growth, ramblings on beauty, triumphs and failures. To this day, she's learning to let go of perfection and embrace her flaws. As part of her journey, she organises exclusive and personalised retreats and offers life lessons on simplicity, beauty and spirituality to others.

Véronique holds a master's degree in Classical Languages from Ghent University and is a SoulCollage® facilitator.

Born in Belgium and known for her refined sense of style, friends call her La Belgaïse. She speaks Dutch, English, French, and German and embraces opportunities to practice her basic Italian and Spanish.

Véronique loves reading, writing and vintage shopping. She divides her time between France and The Netherlands.

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