

FAB'S THOUGHTS MEDIA KIT

Welcome to the *Fab's Thoughts* Media Kit. Here you'll find information about Fab's Thoughts and the founder, Fabienne Sandoval, plus approved brand assets to use as needed.

If you require additional materials, have any questions, or would like to submit a media enquiry, please email hello@fabsthoughts.com

ABOUT

Fabienne Sandoval is an award-winning author and life coach.

Her first book, ***Twenty8: The Age of Power***, was awarded Best Self-Published Spiritual Book of the Year 2019 in the Soul & Spirit Book Awards. Her works have been featured in a number of publications including *Kindred Spirit Magazine*, *Vegan Life Magazine* and Mike Dooley's *The Universe Talks*.

Fabienne teaches busy, stressed out, professional women the secrets to transforming their lives through restoring their health, power and purpose with her 5-step *Elevate* coaching programme.

She is the creator of ***Learning How To Love***, a 10-day course which is featured on the Insight Timer platform, a commercially conscious platform for teachers and students.

Fabienne is currently working on her sequel, ***Thirty: The Age of Love***, where she shares her journey on learning how to love.

BIOGRAPHY

The current phase in Fabienne's life began in November 2015, at the time of her [Saturn Return](#), when she experienced a massive shift and a new journey began.

During the following twelve months, Fabienne experienced the breakdown of a toxic long-term relationship, discovered veganism, met a teacher who would change her life, went travelling, qualified as a life coach and began writing her book, ***Twenty8: The Age of Power***.

Discovering veganism was a turning point for Fabienne. There's a great truth known to all great sages - the food you eat has the power to alter your consciousness, and by eating only a plant-based diet, she went from a sleeping sheep to a roaring lion in a matter of weeks.

This transformation led her to ask herself a life-changing question: *"If there was so much I had not understood about food, a very basic day to day activity - then what else have I been mindlessly consuming and doing?"*

It was at this point that Fabienne began to *Elevate* her life, focusing on her health, power and purpose. These pillars later became the key steps in her *Elevate* coaching programme, which she launched in September 2018.

The tumultuous year of 2016 ended with the decision to tell her story in a book. To share her teachings of self-discovery and healing, offering up the secrets she had learned throughout her journey. Being able

to express herself honestly and authentically gave Fabienne a sense of purpose - she had found her calling.

After living through this age of power, Fabienne arrived at her 30th birthday single and alone, and decided it was time to embark on a new journey: the journey to love. She set the intention to attract her soulmate in just 12 months.

In this voyage, she broke down her thoughts, habits and behaviours, and completely reset her past of failed relationships, through learning *how* to love. She curated various books, articles, courses and reference points that make up her 'loving toolkit'.

At the end of this 'year of love', Fabienne came to the realisation that despite there being many teachings on the subject, there was no blueprint to love. She was determined to share the knowledge she gained through this experience, so that everyone is able to tap into this unconditional source of love that is present within each of us. This realisation was the birth of her online course and in-person workshops, both entitled, *Learning How To Love*, and her book, ***Thirty: The Age of Love***, which is due to be published 14th February 2020.

OFFERINGS

Fabienne specialises in working with busy, stressed out, professional women in demanding roles who are seeking more meaning in their lives.

Elevate Coaching Programme

This unique and innovative coaching programme (delivered one-to-one or in a group format) uses a holistic approach to restore clients' health, power and purpose to transform their lives.

Learning How To Love Workshops

After dedicating an entire year of her life to unravelling love and the teachings regarding love, Fabienne shares her findings with attendees, so that they can learn to love again, define what love means for them and become prepared for their greatest love story yet.

Learning How To Love Online Course

Fabienne has used findings from her 'age of love' to create a simple self-study 10-day course which will allow students to learn to love again, define what love means for them, and help them prepare for their greatest love story yet.

The *Learning How To Love* online course is available through the Insight Timer platform.

Public Speaking

Experienced and inspirational speaker Fabienne Sandoval is available to speak at events.

BOOKS

Twenty8: The Age of Power - published 24th February 2018

Thirty: The Age of Love - to be published 14th February 2020

Twenty8: The Age of Power

At her lowest ebb, shattered by a failed relationship and bullied by a ruthless new manager at her corporate job, Fabienne was searching for a way to regain control of her life, a way to restore her former joy and vitality. An inner voice told her to begin with her diet - to start by substituting her cooked and processed meals with an abundance of fresh, raw, living vegetarian produce. The results were almost immediate, and also startling.

For she quickly discovered a truth known to all the great sages throughout history: our food modulates our consciousness. Not only did she experience radiant health, but she began to see the world with an extraordinary new clarity. As she contemplated the restrictive, self-limiting habits and beliefs of those around her, a mysterious stranger appeared, as if sent by the universe to answer her many profound questions. Initiating her into the secrets of healing, manifestation and the conscious direction of subtle energies, the stranger guided her on a journey of complete personal transformation.

In this inspirational true story, Fabienne shares with the reader much of what she has learned, offering the practical keys by which we may all reclaim health, joy and the harmonious alignment of our life-path with the incarnational objectives of the soul.

Available in paperback.

Thirty: The Age of Love

Single and alone on her 30th birthday, Fabienne vows to erase her painful string of heartbreaks and become a student of love. After discovering the secrets of manifestation, she embarks on a new journey to determine if metaphysics can be exercised where love is concerned, and sets the intention to attract her soulmate by the time she reaches her next birthday.

This pursuit challenges Fabienne to open her heart more than she thought was possible, and reveals the powerful tools required to overcome patterns keeping her from a boundless love, free from the physical constraints of time, space and limited beliefs.

Despite a traumatic past with her father and a history of failed romantic endeavours, Fabienne breaks through barriers and shares her extraordinary experience of learning how to love.

Join her on her quest as she applies these new insights, offering the reader a heart-warming story and a blueprint to finding your greatest love yet.

MEDIA & SPEAKING EVENTS

Podcasts

- Wild Medicine Podcast: [Love as our medicine](#)
- Blissful Living Podcast: [The Age of Love](#)
- The Unbreakable You Podcast: [Strengthening Intuition, Relationships, Stepping into Your Power, and Learning to Love](#)

Articles

- The Universe Talks: [Why True Love is Expansive and Not Possessive](#)
- Kindred Spirit Magazine: [Twenty8: The Age of Power](#)
- Wharf Life Newspaper: [The Look for Love](#)

Interviews

- [Talking Books with Suzie Grogan](#)

Speaking Engagements

- Life & Sole: Mind, Body, Spirit Fair
- Find Your Spirit: Complete Wellbeing & Psychic event
- Positive Tools 4 Life: Wellbeing Festival

Press for *Twenty8: The Age of Power*

[Gamze Alptekin's #GBookClub](#)

[Vegan Life Magazine, May 2018](#)

AWARDS

Fabienne's first book, *Twenty8: The Age of Power*, was awarded *Best Self-Published Spiritual Book of the Year 2019* at the [Soul & Spirit Book Awards](#).

The award was judged by Emma Mumford (an award-winning lifestyle blogger & life coach, YouTuber, public speaker, and best-selling author), who provided the following commentary:

"I loved the cover of this book and also loved that it was a true story. After going through a transformational period myself a few years ago, I was really intrigued by Fabienne's story and what insights she had to share. A great uplifting read that will inspire many going through similar awakenings in their life.

Very easy to read, the chapters were a nice length, and I liked at the end of each chapter how she summarises the teachings she's learnt along the way.

As it's her own story, you couldn't get more expert than that! It was nice to learn about her story and the challenges she's faced along the way. Great value for money thoroughly enjoyed reading it and a nice size book which gets its key messages over in a short and punchy way."

FREQUENTLY ASKED QUESTIONS

What is coaching?

There are a number of definitions and ways to explain coaching; however, my personal favourite and the one that closely mirrors the work that I do is: “Coaching is about enabling individuals to make conscious decisions and empowering them to become leaders in their own lives”. (Wise 2010)

How will coaching transform my life?

Coaching is about enhancing wellbeing and performance in your personal life, relationships and work life. We do this by looking at your life from a holistic perspective, and by providing you with the tools you need to create lasting change. You’ll experience radiant health, feel empowered to make the right decisions, and be inspired to create a life that has deep meaning.

What inspired you to write your books?

My own personal journey through life provides all the inspiration I need, as I know that my stories are the best way to create a connection with my readers, while also offering an opportunity for learning.

With my first book, I fell into writing by accident. I began my new path as an author when a friend suggested I take part in [NaNoWriMo](#), also known as *National Novel Writing Month*, in November 2016. I started writing my story, which at first was more like therapy, and was merely writing for the fun of it. It wasn’t until March 2017 that I realised that I wanted to share my story with the world. It required a lot of hard work and dedication, but it has been so worthwhile. I couldn’t imagine not writing now!

When is your next book out?

Thirty: The Age of Love is due to be published 14th February 2020.

What do your workshops offer?

These love & life-changing events are split into three sections.

First, we’ll delve deep into the meaning of love. You’ll find out about how you have been taught to love and how to define what love is to you.

In the second section, you’ll discover how to open your heart to love. After experiencing many a heartbreak, it can feel simpler to give up than to bounce back from the pain. You’ll learn tools and techniques to open your heart once again.

In the final section, we’ll look at loving tools to help you discover more about yourself and therefore help you learn more about others.

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- You’ll learn how to love more deeply
- You’ll delve into your own unique meaning of love
- You’ll have dedicated time for self-enquiry
- You’ll learn loving tools to help you expand your heart
- You’ll get to meet and spend time with new people just like you

Details of up-coming events are available [HERE](#).

What can I learn in your online love course?

This simple self-study 10-day course which will teach you to learn to love again, define what love means for you, and help you prepare for your greatest love story yet.

The *Learning How To Love* online course is available through the [Insight Timer](#) platform.

QUOTES

"If we can do everything through a lens of love, then we can enhance our lives in so many ways." - Fabienne Sandoval

"Love is often the missing ingredient." - Fabienne Sandoval

PRAISE FOR FABIENNE

"Fabienne has been an incredible mentor for me. She taught me the importance of setting goals to achieve unlimited growth and happiness. My personal and work life is infinitely better. Since starting coaching sessions with her, I have taken up art classes, began an exercise programme and excelled in my work, just to name a few. Thank you for giving me the tools and inspiring me to live my best life."

Frankie Hill, UK

"I achieved my ultimate goal and more importantly gained the belief that I could do anything I set my mind to! All down to the regular weekly sessions to keep me motivated and on track. It helped to push me out of my comfort zone and believe that anything is possible. What seemed like an impossible challenge to take on, all came together, and the experience has changed me forever. It was a very good investment! But having someone like Fabienne to guide me every week and help keep my spirits up when things were getting tough was invaluable."

Amanda Bowen, UK

"Fabienne is a new source of energy! After reading her book, I knew that she would touch and lift my life in a way I've never imagined before. She showed me another way of living with our weekly sessions, and I am forever grateful for that. Her personality, combined with her knowledge about veganism, metaphysics, health but also about business and life in general, changed me. Thank you!"

Gamze Alptekin, Turkey

"Fabienne helped me find my purpose in life. She helped me make decisions and changes in my life for the better. She gave me clarity."

Chelsey Bishop, USA

"Fabienne was truly passionate about assisting me and has a natural ability to allow others to see their full potential and goes above and beyond to help them achieve their aspirations."

Sophie King, UK

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