

## Self develop your passion

Post by Tom Grammens, on December 17, 2012

*One of the people I really admire is Jeroen, he owns a pilates studio and is a life coach. The reason for my admiration is his commitment and drive. He developed his passion, and he did it on his own. All the reason for me to write this post about his life and work. I hope you like it!*



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When he became 18 he found himself on a crossroad. "What do I want to do with my life?" Up until then he was a teenager like any of us. He felt a desire to develop himself, and started to work in several bars and restaurants. During free hours he was a regular fitness customer, which was great. He wanted to go further in that direction.

Not having any other experience or certification on the matter, he applied for a job in several fitness clubs. Eventually he became a fitness manager in Brussels. Jeroen then took several courses to obtain the experience. After his very first course, the instructor asked him what he would feel about being an instructor himself. He felt trusted and appreciated, and that gave him the confidence and the drive he needed.

Thinking over his future in the long run, he discovered Pilates. At first the idea was to have something at hand for when he became older and didn't have the physical ability to be a fitness instructor and teacher. Although Pilates is all about moving in a qualitative and healthy way, he underestimated the impact of the connection and communication between body and mind. A step beyond the mere physical training, and a new challenge!



With the fitness and Pilates experience in the pocket, Jeroen started [Grace, his own Pilates studio](#). "I really started coaching. I watched people grow physically, develop mental strength for themselves. People I worked with got more confidence, will and discipline. Several of them took important decisions in their lives. It gives me a great satisfaction as a coach. That is my passion."

Jeroen's advice to develop yourself and your passion:

- Trust yourself to make the right decisions and have the guts to make decisions
- A little impulsivity is a strength
- Find your passion and develop it!
- Be open minded on things that at first don't seem interesting
- "Physical fitness is the first requisite of happiness" - Pilates

## Maintaining private - professional balance

Being a father of three and an independent life coach, I would suggest Jeroen is an authority on the matter. In his experience, it takes organization on both fronts. But there is the need for understanding and support from your partner. Jeroen's wife is a GP on her own. "She gives me the opportunity to further develop my profession. Meanwhile at home we are evenly organized and take alternating shifts with the kids and the house. We regularly take time for ourselves, go to a restaurant or take a weekend off. I take great value in that, because in some years our kids will be teenagers, and our relationship will have to be strong."

Meanwhile Jeroen's passion for Pilates is still on the rise. "I am still extending my knowledge of pilates, and the system gets clearer and completer every time. I feel that I am mastering it. And that assesses my skills as a coach and I get better results and more satisfaction. It is as I tell my clients: trust the process!"

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