

ABOUT GUNILLA HENRIKSSON

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Transformational Coach | Qigong & Chinese Medicine Practitioner |
Human Instrument® Coach



*You don't have to choose between outer
success and inner wellbeing.
I help leaders, entrepreneurs, and
visionaries reconnect with their true
essence — so they can live, love, and lead
with clarity, courage, and presence.*

I help leaders, professionals, and visionaries who may look successful on the outside, yet carry unresolved patterns from childhood or past relationships. With me, they find a safe space to be deeply seen, to heal their story, and to create authentic leadership — transforming not only themselves, but also the people they influence. My clients are accomplished — executives, creatives, entrepreneurs — longing for freedom, balance, and deeper connection

Testimonials

*From **performance anxiety to inner freedom** — I now have the ability to pause, feel, and listen within like never before.”*

Jessica V, Project Manager

*“**Life changing** through coaching with Gunilla”*

Maria W, Hospital Dentist

*“**From Rock Bottom to a New Beginning** – Thanks to Gunilla’s Qigong and Coaching. She helped me **heal** from past traumas and find presence, strength, and forward motion.”*

Christer Mårtensson, Retired Civil Engineer and Former Union Official



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My Story

Courage and creativity have always guided me. What brought me here is a lifetime of meeting challenges—physical, emotional, and spiritual—and transforming them into growth and wisdom.

- Early courage: At age 12, joined an international youth group trip to the U.S. and lived with an American family for 5 weeks — an experience that opened my world and built early confidence.
- International career: Built a life in Los Angeles as a PT, massage therapist & fitness instructor.
- Healing arts: Trained in Qigong, Acupuncture, and Traditional Chinese Medicine, including clinical practice in China.



More of My Journey



- **Life journeys:** Lived and worked in Spain, the U.S., Norway, and Scandinavia — leading retreats in Sweden, responsible for Qigong, acupuncture, and massage at health retreats in Spain, and working at a health home in Norway.
- **Deep inner work:** Completed numerous personal leadership and transformational programs and received extensive coaching and therapy over the years.
- **Magical experiences:** Swam with a wild dolphin in Norway, manifested synchronicities, healed animals and people, and expressed creativity through art, painting, and theatre.

Who do I help?

Many of my clients have reached a point where outer success no longer feels fulfilling. They've spent years achieving, carrying responsibility, and being strong for others — yet deep inside, they long for authenticity, intimacy, and a sense of true freedom.

I support them in making this shift: from old survival patterns into a new way of living and leading, rooted in presence, trust, and genuine connection.



My Method

Every journey is tailor-made – I combine only what serves each client or group.

- Human Instrument® Mastery (certification in progress)
- Qigong & Acupuncture
- Deep Transformational Coaching
- Nature-based guidance
- Creative expression

My Vision

"I believe no one should have to choose between outer success and inner wellbeing. My vision is a world where sensitive, soulful people – leaders, seekers, and visionaries – reconnect with their true essence. Where they create authentic relationships, sustainable impact, and a life rooted in freedom, presence, and connection to nature."

Ready to reconnect with your essence and lead with authenticity? Book your free clarity call and let's explore your next step together.

