

Words of Reflection

from Inner Power Activator participants

I have worked with Kat both one-on-one and now with a wonderful group of women in the Inner Power Activator Course. Something I have noticed with other practitioners in the past is that while I had some amazing insights and healing on my journey, I never truly felt self-sufficient or even confident that I could really understand and look after my own energy. Kat is so genuine in her sharing of her time, knowledge, loving energy and amazing, practical tools. She wants to give us the gift of courage, confidence and independence- and the Inner Power Activator course is exactly that. Kat has led me through some very deep one-on-one healing, and now completing the Inner Power Activator course I not only have a deeper sense of independence and confidence in myself, but also a valuable set of REAL tools to love and care for myself. I am so grateful Kat!

– Kara, Brisbane, Australia

I felt stuck in my work/ my business. I really wanted to take the next step, but something kept holding me back. Each time I tried new courses or training modalities to get rid of this frustrating feeling of “feeling stuck”. It didn’t solve anything; I still couldn’t move forward. In the Inner Power Activator program, I have experienced and have been given the insight of the core of my resistance and especially how to deal with it and shift it. I have learned so much in these 6 weeks! With very practical and easy tools, I have learned how I can have a huge impact on my own energy and feelings (on how I really feel). The result of these insights and using these exercises in daily life, is that I feel so powerful within and that I am joyfully creating and planning on how to change my business. I have become a magnet, clients are flowing in, it almost feels like Magic 😊 Initially I was a bit hesitant in working with a group, but it was amazing to experience how quickly I felt safe in this setting. (Kat created a space where everybody felt seen and heard). Katelijne I am incredibly grateful that you came my way. You have changed my life!

– Carolijn Vet, Haarlem, The Netherlands



Words of Reflection

from Inner Truth Activator participants

“I was feeling a bit stuck in my thoughts, like something in my head was holding me back from moving forward. When I heard from Kat about the Inner Power Activator Course it was the perfect timing for me to work on living more from the heart. The Course gave me easy-to-use tools to step into my own energy and feel what’s in my heart. I can always go back to the exercises if I feel like I need it. It not only gave me insights in old patterns, but also helped me to let go of them in a very supportive, loving way. It suprised me how helpful the group setting was. Hearing each other’s stories and progress was very inspiring, but also helpful because the situations were often recognisable. After this course I feel more calm and positive. I recognise when my mind is trying to take to protect me, though this is not necessary anymore. I feel like something new is coming my way and now I’m ready and excited for whatever that is! Thank you Kat for your loving and professional guidance!

– Kathelijn Noordzij

For me the program was absolutely life changing! In a sense that it made me become so much more true to myself and (finally) able to make a huge step/decision without letting feelings of fear get in the way. Kat is a wonderful person and teacher/inspirator. Her pleasant voice, energy and intrinsic drive to help. The program has different elements, but Kat always feels when it is the right moment to introduce a specific exercise or topic. The fact it takes place in a group works really well: sharing experiences, feelings and thoughts. Supporting each other as well in the group sessions as in the app group has a very strong, positive effect. I have finished the program already a year ago but still benefit so much from it. Not only because I have never felt so close to “me”, but also because I still use the exercises to get out of my head after a busy day or to gain power/strengths. Without a doubt the most powerful program I have ever attended.

- Sanne Deltin, The Netherlands, Amsterdam



Words of Reflection

from Inner Truth Activator participants

This program truly honours its name, inner power activator. This Program with Kat and the online group has been amazing and mind blowing. I chose the course initially to work on my self esteem and energy management. It ended up to be so much more; self love, relationship therapy, family lines, childhood pain release, sisterhood (online), soul calling. Kat is extremely talented in what she does and her voice lights up the room. She went out of her way to guide me through some deep issues. I felt being held and loved and found comfort in her words. The practical tools we received throughout the course are my anchors to go forward and stay true to my self. I still do not understand how so much transformation happens in only 7 weeks. I am still processing it all.... so thankful and a true gift for myself.

– Sophie Eenhoorn, Haarlem, The Netherlands

The inner power activator program has changed my life. I became a happier and more balanced person, being able to better manage my energy and to be more in control of my mind. The program also enabled me to become more confident about myself and manage my fear of failure. I would recommend this program to any person who would benefit from more self-love, wishes to live a more balanced life, or who is struggling in any situation in life.

- Stephanie, Amsterdam, The Netherlands



Words of Reflection

from Inner Truth Activator participants

Over the years I have done a lot of workshops, however some pieces of the puzzle were still missing. Katelijjn succeeded to fill in this last piece. Through the Inner Power Activator, I have laid the foundation in breaking with the patterns in my life. I have more awareness, more direction and developed my spiritual side. I have been learning how to relax and let go of my worries and I have gained a deeper awareness and spiritual connection on a soul level. Kat taught me how to put myself more and more on number one, before taking care of everyone else, not taking over responsibility from others. Katelijjn is down to earth, very committed and a loving and a kind and warm person. She knows how to create a safe setting in her program. I have experienced a feeling of coming home in myself.

– Annemarie Montgomery, Amsterdam, The Netherlands

Working with Kat is like an amazing, positive journey. If somebody would have told me before what I was going to feel and experience, I wouldn't believe it. But every session with Kat felt like an eyeopener. On many levels; family, work, youth, future, personal development... it helps me to ground, to feel aligned with myself and to believe in myself. And it helps that all the sessions are recorded, so in my own time I can listen to it over and over again to really keep on experiencing the changes I go through. And one thing I also love about working with Kat; it is light, fun and positive. Thanks so much Kat, for this new and powerful journey I am in.

- Claartje Bakker



Words of Reflection

from Inner Truth Activator participants

This program was amazing and so powerful! After doing quite a bit of self-love, healing work over the years, I did not know what to expect out of the program for myself, however, I made the intention at the start to connect deeper with the highest expression of my heart and soul (and that is exactly what I received). Kat has a beautiful way of holding you in unconditional love but also empowering you to discover your own truth and inner strength. The energy alignment practices have literally changed my life and they are part of my everyday now to stay aligned, strong and connected to the earth. During the program I was faced with some personal situations where normally I would not speak my truth however my INNER POWER was truly activated and I felt empowered to speak up, stay in my heart and feel grounded in my decisions and most of all not feel guilty! I would recommend this program to anyone who is ready to feel empowered, strong and ready to know their own Inner Power.

- Melina Demertzis, Queensland, Australia

I am truly grateful to Katelijn and all the wisdom and 'energy techniques' she shared with us during the 6 weeks of the Inner Power Activator. I found Kat to be Empowering and Inspiring because she is very authentic and sincere. She shares her knowledge in a positive and light way. She has a beautiful voice that really resonates. Kat helped me to reconnect to my Self and to my family (lineage). She guided me so well to be grounded, to heal old pain, and to see perspective and open up possibilities. When I need some extra support I still listen to her recording, which immediately helps me to feel centered. All in all I felt (and feel!) nurtured and inspired by a caring, cheerful, happy, loving and wise woman!

- Agnes Vogt



Words of Reflection

from Inner Truth Activator participants

For anyone who has lost touch with themselves or finds themselves living a life that doesn't feel like their own, I highly recommend this course. Kat is an exceptional leader who masterfully guided us through each week, touching on important subjects and providing fantastic tools to use to create meaningful change. The group setting was really special as we all bonded and were able to give each other support, laughs and sometimes even tears. These relationships have continued afterwards as well, so you really feel part of a community even after the course is complete. I enjoyed having resources to work through as well as it not only summarised and contained the important information we went through in each session, but it helped keep me accountable and on track with what outcomes I wanted. I found it to be a great balance of information, light tools and really deep work that all complimented and supported each other, so by the end of the course I felt reinvigorated, capable and home in myself and body once more.

-Ashlee Jensen

Above all, the Inner Power Activator program, has made me incredibly aware of how energy works; what is my energy and what is actually the energy from others. I also learned to give back what wasn't mine. I was already aware that I have the tendency to easily step into a pleasing role and it made me give away and lose lots of my energy. I was conscious of this but I never had the tools to regain my energy or keep my energy. Now I can and it helps my shine more, radiate my essence, especially for my self and from there for others. Of course this is an ongoing process, but the tools Kat has given me work so well, that my life has become a lot more fun.

-Thea



Words of Reflection

from Inner Truth Activator participants

Over the course of seven weeks, I had the privilege of joining the IPA program led by Katelijn, alongside 8 inspiring women from all over the world. This thoughtfully designed program seamlessly wove together theory and practice, allowing me to learn, experience, and feel on a profoundly deep level. It brought growth and awareness to multiple layers of my being, all of which I now apply in my daily life.

The range and depth of the topics covered were outstanding. I learned so much, but it was the RTT (Rapid Transformational hypnosis Therapy) sessions and body awareness practices that had the greatest impact on me. I discovered that my body knows everything—it is strong and authentic, a deep well of wisdom that I can always trust.

A significant part of the program's power came from the group itself. Every week, we gathered online to share our experiences, creating a space that felt like a circle—a flow, like water. There was connection, care, love, and a profound sense of safety that allowed us all to open up and grow.

As a result of this journey, my energy levels have risen, and I feel much more alive. This program has truly brought me closer to myself.

Thank you, Katelijn, for your knowledge, wisdom, and energy. And my gratitude also goes out to the incredible women in our group—it was an honour to share this journey with you all.

- Ellen Pijpers



Words of Reflection

from Inner Truth Activator participants

Kat's Inner Power Activator program helped me bring together the different parts of myself. By continuing to use Kat's tools/techniques during and after the program, I am doing a much better job now of maintaining my health, wellbeing and focus. I'm clearer on what I value and what I want to spend my time and energy on. That's helped me feel much more satisfied with the nature of my work and my decision-making about work in balance with other aspects of my life.

The long-term impacts of RTT continue to surprise me, even a month after the course has finished. I am making better decisions more easily. I often recognise when I'm falling into old thinking patterns, and I now have techniques to turn my thinking around and, not only avoid those patterns, but also change my thinking around those patterns.

So I am actually changing ways of thinking that had been unhelpful to me, and these are being replaced by much more useful, kind and positive ways of approaching life. I am happier, feel a greater sense of self, and am more confident about making decisions that prioritise what I need. That leaves me in a much better position to support other people - in my family, with colleagues, and more broadly in my community.

The group setting was a really nice part of the program. Being with a group of women navigating similar life challenges, gave a sense of safety and security. Also, during the program, Kat was super responsive and helpful whenever you ask. In summary, through ongoing practice of all the things I learned during the IPA program, I am now much better at working from my heart in collaboration with my body, mind and soul.

- Cath



Words of Reflection

from Inner Truth Activator participants

I recently completed the Inner Power Activator program with Katelijn Schutte. During a busy and overwhelming time—moving with our family from Africa back to Europe—it gave me the tools to find peace and confidently prioritize what truly matters.

The sessions helped me break free from old patterns, including the mental rules, thoughts, and methods I had unconsciously created that no longer served me. At some point, I realized these patterns were shaping my daily thoughts in ways I didn't want. Sometimes, when you're working hard, it's essential to hit reset and reconnect with your intuition. Thanks to Katelijn's guidance, I feel stronger, more self-assured, and deeply connected to my true self. I've also streamlined my daily routine, creating space for clarity and confidence.

What truly sets Katelijn apart is her deep understanding of how to transform inner blocks into steppingstones for growth. Her approach is both practical and profoundly transformational. I never imagined I could experience such significant change in just seven weeks.

I wholeheartedly recommend the Inner Power Activator to anyone who feels held back by self-doubt, subconscious blocks, or unhelpful rules they may not even realize they're following. This program has truly helped me embrace my potential and move forward—both personally and professionally.

Katelijn, thank you for your incredible insights and for creating a safe space to help me step into my power.

-Katja Schutte

