



Fertility Coaching

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Do you have an unfulfilled desire to have a child?
You're not alone.

A study done by the International Federation of Fertility Society found that around 15 percent of couples worldwide suffer from fertility issues, the reasons ranging from frequency and timing of sexual intercourse to excessive stress, medical reasons such as low sperm quality, smoking and more.

Various medical interventions are available from specialist obstetricians and in vitro fertilisation professionals, but mental and emotional support are often neglected at this time. That is where certified fertility coach Tanja Faessler-Moro can help.

Her integrated and holistic approach is to work in close collaboration with medical specialists to enhance her clients' overall wellbeing.

Tanja Faessler-Moro was certified in 2009 as a fertility coach by Kinderwunsch-Coaching Switzerland, a specialist fertility coaching company. She is the first independent certified fertility coach in Singapore and Asia.

Fertility coaching is done during individual sessions or in small support groups.

She uses a range of coaching techniques, such as neurolinguistic programming (NLP), clinical hypnotherapy and relaxation methods, depending on her clients' needs and preferences, and is specialised in accompanying couples undergoing fertility treatments such as IVF procedures. 