



Christine L'Abbé

THE CONSCIOUS PRACTITIONER

## Connect With Me



An esteemed Conscious Parenting Coach and Pediatric Anat Baniel Method® NeuroMovement® Practitioner, Christine L'Abbé is a fierce advocate for families of children with a neurodiversity.

CEO and founder of Evolve Movement, Christine has made it her mission to offer families conscious, holistic, and integrated support to guide and educate parents and children to live happier and healthier lives rooted in deep self-understanding, clear intention, and alignment. She aims to awaken families to see beyond a diagnosis and prognosis into a new world of possibilities for the whole family to grow and expand.

Christine began this journey as the mother to a daughter with Rett Syndrome, a rare genetic neurological and developmental disorder affecting how the brain develops. Her personal experience and professional work in service to families and professionals fuel her passion to give families grounded hope: to empower parents and children to write their own narrative and not be limited to the stories they have been taught to believe.

Christine was a featured speaker on NY Times bestselling author Dr. Shefali Tsabary's Parenting Mastery Summit 2023, she has also been featured in Brainz magazine, and has made appearances on CTV, TVA, and Global News, among other media sources, conferences, and podcasts where she speaks of her transformational journey as a parent to a neurodiverse child and shares her expertise about the various factors that contribute to creating an optimal learning environment for a child to thrive in happiness and health.

Whether through her teaching, speaking and coaching engagements, podcast, somatic work with children, or her children's book, Christine has a gift for inspiring others to transform and awaken to new possibilities, creating an opportunity for parents and children across the globe to expand their understanding of what it means to discover and express their innate potential.

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