



TOM MEYERS

Tom is an osteopath and Stress-Coach, who has been running his own health practice in Brussels (near Tomberg) for more than 10 years. Born and raised in Belgium, Tom has spent many years abroad working as a waiter in various hotels in England and as sommelier on board the cruise ship Queen Elisabeth II, and backpacking around the world. He only became interested in health matters at the age of 30. This was as his first business a deli (gourmet food store), failed. Now he's not only an osteopath and Stress-Coach but also writes articles and gives keynote presentations internationally on the topic of "Understanding & Managing Stress" and "Health Matters in times of Digital Transformation."

In the course of 2017 he will publish the first Tome of a trilogy on the 'Reaset Approach' a novel health approach and educational system he developed to de-stress and manage one's personal resources in the changing times.

To learn from Tom and get inspired by this brave entrepreneur, grab your ticket on our [Eventbrite](#) page.