

Welcome, fellow internet friend!

As I'm sure you already know, my name is Vivian... but my last name is Ngo (the g is silent so it's pronounced 'no') and it's a pleasure to meet you through the wonderful interweb!

I want to start off by saying that I'm a very sensitive human being

// I've learned how to mask my sensitivity through a calm and stoic demeanor because the world can be tough... lol so you wouldn't be able to tell how sensitive I am unless you know me very well //

And because of my sensitivity, I enjoy coaching through love, compassion and positive encouragement

I have had 5 different coaches in my life so far for bodybuilding, entrepreneurship and childhood trauma healing and I've learned that it is the ones who were able to speak to me with loving firmness that made the biggest impact on my life

The role I want to play as your coach is to be the support, education and most importantly encouragement you need to actually show up for yourself everyday for your health + fitness journey

Although yes I am here to push you past your current limits, I am also a big believer in meeting yourself where you're at and building the best version of you in small, incremental steps

Rather than completely overhauling your entire lifestyle which I genuinely believe sets you for long-term failure and is why most people set goals, but never follow through on them past a few days or weeks </3

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Majority of my clients tell me they were intimidated to work with me initially because I am considered very fit, lean and well quite frankly - a bit extreme

And it's true - my lifestyle is very extreme and intense for the average person

Honestly, I'm an extreme, passionate and intense person in everything I do... it's how I've always been and I used to be very insecure that I couldn't just be a chill, cool + normal girl lol but I've come to just embrace the fact that ya girl is just doing her own Vív thing!

Anyways ~ I say this because I don't expect or even want my clients to live how I do or do what I do



What I absolutely *do* want for my clients is to help them get clear on exactly what lifestyle + physique would make them feel their most confident self, meet them where they're currently at in their fitness journey ~

// Whether you're a complete newbie to the gym or if you're a seasoned gym-goer who cannot get a handle on your emotional eating habits //

And then guide them towards creating their dream physique + healthy lifestyle through small habits that we build up over time so that you're not set up to get overwhelmed, crash + burn right from the start

I used to very much be a "start off sprinting then crash + burn" kind of gal and it literally got me nowhere but gaining + losing the same 30 lbs and absolutely *hating* myself in the process

It didn't work for me, it didn't work for my clients and if it didn't work for you... perhaps you're being called to something that is truly loving, sustainable and supportive for you <3

I certainly don't think I'm the coach for everyone, but I *do* believe I am the right coach for the ones whose hearts resonate with my message + my Coach Viv energy!

If your intuition is telling you to work with me then I would absolutely love to be your coach, your guide + your mentor <3

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