

# MARTINA RINK

FEMALE LIFE & SOBRIETY COACH

- +49 172 174 1499
- Ibiza, Munich, Berlin
- [www.martinarink.com](http://www.martinarink.com)
- [coaching@martinarink.com](mailto:coaching@martinarink.com)
- [www.linkedin.com/in/martinarink/](https://www.linkedin.com/in/martinarink/)
- [martinarink\\_](https://www.instagram.com/martinarink_)



*ARE YOU FEELING LOST? TIRED OF YOUR BAD HABITS LIKE DRINKING, SHOPPING OR SMOKING? ARE YOU LOOKING FOR A CHANGE IN YOUR LIFE? DO YOU WANT TO DISCOVER A NEW WAY OF LIVING? ARE YOU READY TO BECOME YOUR TRUE SELF?*

## WHAT I DO

My aim, as a female life and sobriety coach, is to help women find their true purpose in life. I support women to be more mindful, to moderate their consumption of alcohol, cigarettes and other negative impulses, to rid themselves of damaging addictions and bad habits. A drug-free, bad habit-free lifestyle is the new way of living, and I will guide you through your transformation. I will be on your side every step of the way. I will help you discover the best new version of yourself. We will take good patterns from your current life and integrate them into your personal development and transformation.

## WHAT TO EXPECT

- You will find out what is really missing in your life.
- We will work daily on your personal transformation.
- You will learn how to break your bad habits and cut down on short-cut dopamine dependencies.
- You will learn more fulfilling ways to top-up your self-reward system.
- You will find new mechanisms to deal with difficult situations in life.
- You will learn daily tasks to get to know yourself better and find your true purpose in life.

## ABOUT ME

I am an experienced creative and bestselling author with a passion for fashion and lifestyle. After completing my degree, I landed my first job as personal assistant to the late Isabella Blow, a legendary English muse, stylist and magazine editor.

I experienced years of excess in the fashion industry and a continuous consumption of alcohol and drugs. After witnessing the suicides of several personalities in the fashion world, I decided to quit the industry while I still could. I switched to the advertising industry, which was just as extreme. I drank for over twenty-five years, having started early at boarding school.

I suffered anxiety attacks and various phobias, which became so bad after endless and severe hangovers that I decided one day that I could no longer cope living like this anymore. I decided it must stop, otherwise I would have ended up like the lost souls I had known in the fashion industry.

In January 2020, I went to one of the leading recovery clinics in Germany (My Way Betty Ford). Ever since then, I have been living a sober life. Sober life is a bumpy ride and in the five years since, I have slowly got used to my new lifestyle.

I am still working as an author; however, I have decided to focus on helping people live a happy, sober life after recovery. I guide people through their personal transformation; help people to find their true self and purpose in life.

I have developed various programs where I personally & individually accompany women to find their way out of this vicious circle, to redefine themselves, to find new ways to live their desires & needs in a healthy way. My intense experiences in the past have been an important driver for my ambition working as a female life coach.





## PRICES

### LIFE COACHING

60 min 110 EUR  
90 min 160 EUR

### RECOVERY COACHING

#### Trial Package

2 weeks 448 EUR

#### Week Package

1 month 1.500 EUR 1x per day 30min  
3 month 4.500 EUR 1x per day 30min  
6 month 8.000 EUR 1x per day 30min

#### Anytime Package

1 month 2.400 EUR 8h - 22h 30min  
3 month 7.200 EUR 8h - 22h 30min  
6 month 11.530 EUR 8h - 22h 30min

#### By your Side & Close to you

1, 3 or 6 months  
Prices on request

Please see all details on [www.martinarink.com](http://www.martinarink.com)



## EXPERIENCE

### COACHING & CONSULTING

Personal & Business Life Coach, Munich (2024)

- Coaching & Training Academy  
Hypno-Coach, München (2024)
- Coaching & Training Academy  
Neuro Linguistic Programming Practitioner, Munich (2023 -2024)
- Coaching & Training Academy  
Sobriety consultant, Munich (2021)
- Paracelsus Academy  
Transcendence Meditation, Munich (2020)
- Dr. Bauhofer

### PUBLICATIONS

People of Deutschland (2023), SPIEGEL-Bestseller  
Fashion Germany (2014)  
Isabella Blow (2010)

### CREATIVE & FASHION

Together, Influencer Agency, Ibiza (2017-2018)

TBWA Copywriting  
Kreativ Kader Academy, Düsseldorf (2016)

PA Isabella Blow, London (2006)

### EDUCATION

BA Hons. Fashion with Business, London (2004)  
Central St. Martins & Metropolitan University