



# CAROLINE BAKKER

Empowering Women Through Holistic  
Wellness, Guided Meditations, and  
Mindful Living.



# CAROLINE BAKKER

**AUTHOR | MINDFULNESS TEACHER**

Caroline Bakker is a holistic health coach, author, and meditation teacher with a mission to empower women navigating ADHD, PMDD (a severe form of PMS), and mental health challenges. Originally from the Netherlands, Caroline moved to Australia in 2009 before settling in Dubai, where she combines her global experiences with her passion for helping others thrive.

Diagnosed with ADHD at 35, Caroline's personal journey inspired her to explore root-cause healing and holistic strategies, which she shares through her meditations, book, and retreats. Her work blends science-backed techniques, mindfulness, and lifestyle practices to offer practical solutions for neurodivergent individuals who deserve balance and joy.

# KEY HIGHLIGHTS

## 1 FOUNDER OF MEDITATIONS BY AMAZON WARRIOR

A platform for guided meditations focused on sleep, healing, focus, and emotional balance. Available on [Spotify](#), [YouTube](#), [InsightTimer](#), and [Apple Podcasts](#).

## 2 UPCOMING BOOK

[The Healing Journey](#): Holistic Health and Well-Being for ADHD and PMDD, offering actionable strategies and insights for managing and healing symptoms naturally.

## 3 HOLISTIC HEALTH EXPERT

Sharing insights on root-cause testing, tailored wellness plans, and natural strategies for mental and physical health.

## 4 PERSONAL STORY

Diagnosed with ADHD at 35, Caroline has navigated late diagnosis and PMDD, transforming her challenges into a platform to educate and inspire others.

# **TOPICS I SPEAK AND WRITE ABOUT**

**HOLISTIC HEALTH & HEALING FOR WOMEN  
WITH ADHD AND PMDD**

**THE CONNECTION BETWEEN  
ADHD AND PMDD**

**HOLISTIC STRATEGIES FOR MANAGING ADHD  
AND HORMONAL IMBALANCES**

**THE ROLE OF GUIDED MEDITATIONS IN  
EMOTIONAL AND MENTAL HEALING**

**ROOT-CAUSE TESTING (BLOOD & DNA) FOR  
PERSONALIZED WELLNESS**

# GUIDED MEDITATIONS



Streams ⓘ

**323.1K**

All time

Consumption hours ⓘ

**27,582h**

All time

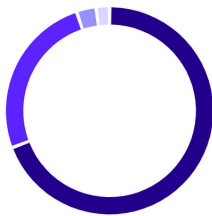
Followers ⓘ

**+2,118**

All time



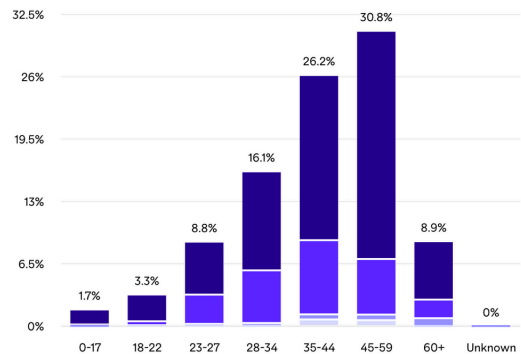
## Gender



- Female
- Male
- Not specified
- Non-binary

70.3%  
25.6%  
2.5%  
1.6%


## Age




# INSIGHTTIMER


## Recent Reviews



 **barb**  
★★★★★ Nov 30 2024

Thank you that was amazing!

 ★ 4.8 • GUIDED  
Manifest Change - Quantum...


 **Kara Sisson**  
★★★★★ Nov 28 2024

My grandson and I love this sleep soother! He's 9 years old and is out in minutes. We love Aluna Moon!


 ★ 4.7 • GUIDED  
Journey To The Healing Garde...


## Recent Reviews




 **Kyle .**  
★★★★★ Dec 05 2024

Definitely added to the sauna experience, thank you for the guidance

 ★ 4.7 • GUIDED  
20-Minute Healing Sauna...

 **Charlie**  
★★★★★ Dec 05 2024

Thank you so much! Very effective

 ★ 4.7 • GUIDED  
Calming Meditation To Reset...

InsightTimer

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**Caroline Bakker**

DUBAI - UNITED ARAB EMIRATES  
1.3k followers

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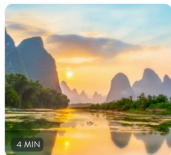


Home **Tracks** Courses

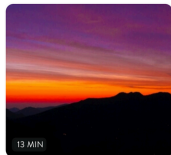
All tracks

Popular

Newest



★ 4.7 • GUIDED  
Calming Meditation To Reset Your Energy  
Caroline Bakker



★ 4.7 • GUIDED  
Evening Gratitude Meditation To Close The...  
Caroline Bakker



★ 4.7 • GUIDED  
Golden Sunlight Morning Meditation  
Caroline Bakker



### About

Caroline is a Meditation Teacher and Certified Health and Fitness Trainer based in Dubai, UAE. With a background as a former amateur athlete, Caroline's boxing experience taught her the power [read more](#)

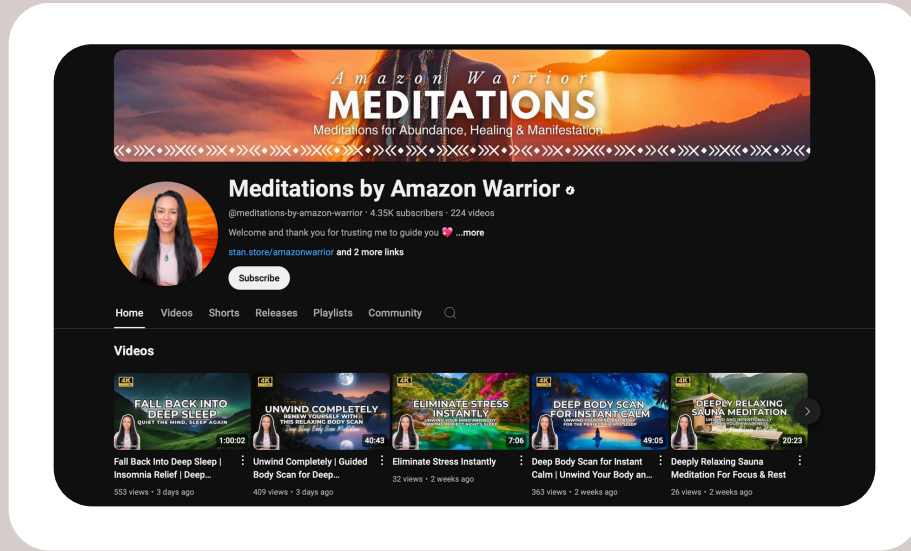
2 languages

English and Nederlands

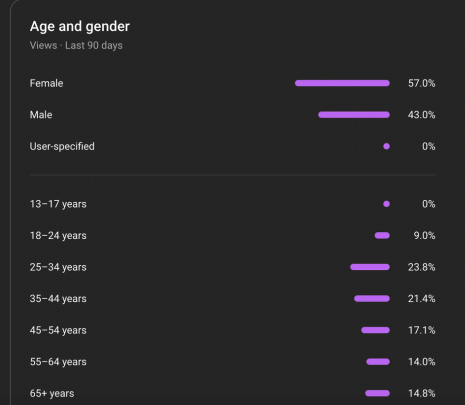
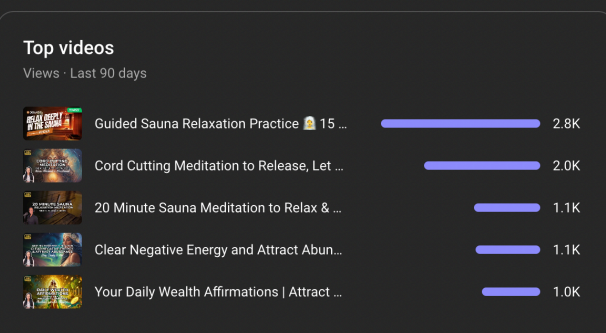
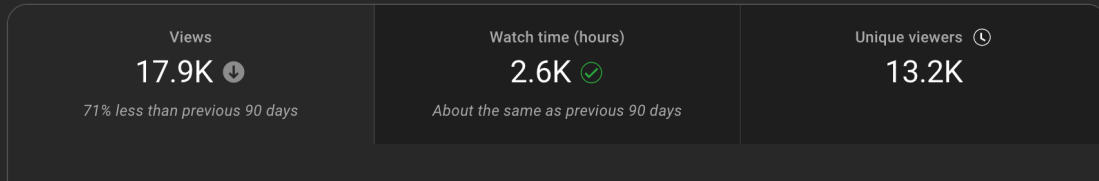
Joined in Jun 2022

Teaching on Insight Timer for 2 years

# GUIDED MEDITATIONS



In the last 90 days, videos on your official artist channel got **18K views**





# THE HEALING JOURNEY

Join me on the The Healing Journey, a holistic guide designed to help you reclaim your health, balance, and joy while managing ADHD and PMDD. This empowering book blends cutting-edge research, holistic practices, and personal stories to offer practical strategies for emotional, mental, and physical well-being.



# WHY COLLABORATE WITH ME?

**Authentic Voice:** My content resonates with women seeking relatable and actionable advice.

**Proven Impact:** Thousands of individuals have benefited from my meditations and insights.

**Global Perspective:** My background across multiple countries adds depth and relatability to my work.



# KEY DEMOGRAPHIC

- **Age Range:** 25–45 years old.
- **Key Interests:** Holistic health, mental well-being, mindfulness, ADHD & PMDD management, self-improvement.
- **Location:** Global audience with a focus on women navigating neurodivergence and mental health challenges.



# LEARNING FROM DR. ADEEL KHAN



## PIONEERING REGENERATIVE MEDICINE

Meeting Dr. Adeel Khan, a renowned expert in regenerative medicine and founder of Eterna Clinics, was a transformative moment in my journey. His groundbreaking work with stem cells and his description of them as “nature’s ultimate repair system” profoundly impacted my understanding of holistic healing. Dr. Khan’s innovative approach bridges cutting-edge science with compassionate, individualized care.

Through my discussions with Dr. Khan, I discovered how stem cell therapy could extend beyond physical injuries to address neurodevelopmental and hormonal disorders like ADHD and PMDD.

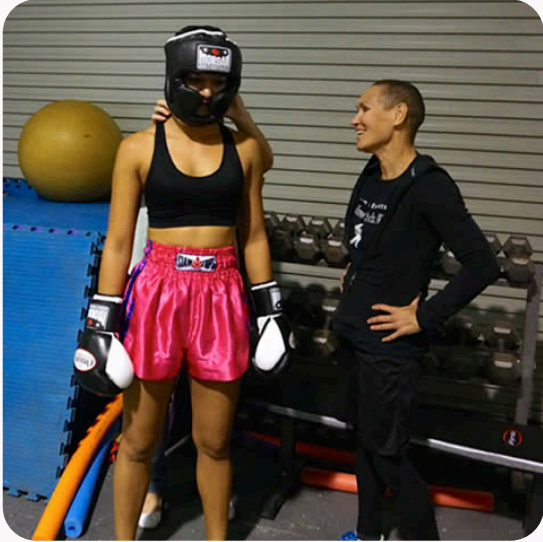


His insights illuminated the potential of regenerative medicine as a promising avenue for healing, providing hope and clarity in my quest for solutions aligned with my holistic philosophy.



Dr. Khan’s work has inspired me to incorporate regenerative science into my wellness practices, fostering a deeper connection between science, mindfulness, and healing. This pivotal experience not only expanded my knowledge but also reinforced my commitment to empowering others navigating similar challenges.

# GUIDED BY CHAMPIONS



## WORLD CHAMPION AMANDA BUCHANAN

Trained by Amanda Buchanan, world kickboxing champion from Melbourne, I won two amateur boxing fights under her coaching and completed two 100km Oxfam hikes in under 26 hours. Her mentorship taught me resilience and discipline.

## WORLD CHAMPION SUE STANLEY OAM

Sue Stanley, world champion and OAM recipient, inspired me to pursue fitness. Her influence led me to earn Cert III and IV in Fitness and become a personal trainer, igniting my passion for helping others through health and wellness.



## WORLD CHAMPION SUGAR NEEKZ JOHNSON

I had the privilege of working alongside Sugar Neekz Johnson, guiding her through holistic health coaching on her journey to winning the IBF World Championship. Supporting her as she prepared for such a monumental achievement reinforced the importance of balance—mind, body, and spirit—in reaching peak performance.





# CONTACT INFORMATION

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