



MARIEKE STEEN

Motivational Speaker & Women's Coach

Marieke Steen, M.I.B, FNTF, MRHP is a Brussels-based Functional Nutritionist and speaker specializing in women's hormone health, with a focus on menopause and midlife wellbeing.

She helps organizations support female employees through hormonal transitions by translating complex science into practical strategies that improve energy, focus, resilience, and overall performance at work. Drawing on her training in nutrition, brain health, and hormone balance—as well as her personal health journey—Marieke delivers engaging, solution-focused talks that empower women and foster healthier, more productive workplace cultures.

signature topics

- ✓ Thriving Through Hormone Transition
- ✓ The Gut-Hormone Connection - Poor digestion, bloating, fatigue..
- ✓ Skin after 40 - How to manage skin conditions and maintain healthy skin
- ✓ Meet Cortisol - Understanding stress, burnout, and hormone balance

Let's Work Together!

Please feel free to contact me for any questions.

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as seen in

Aspria

The Brain Lady

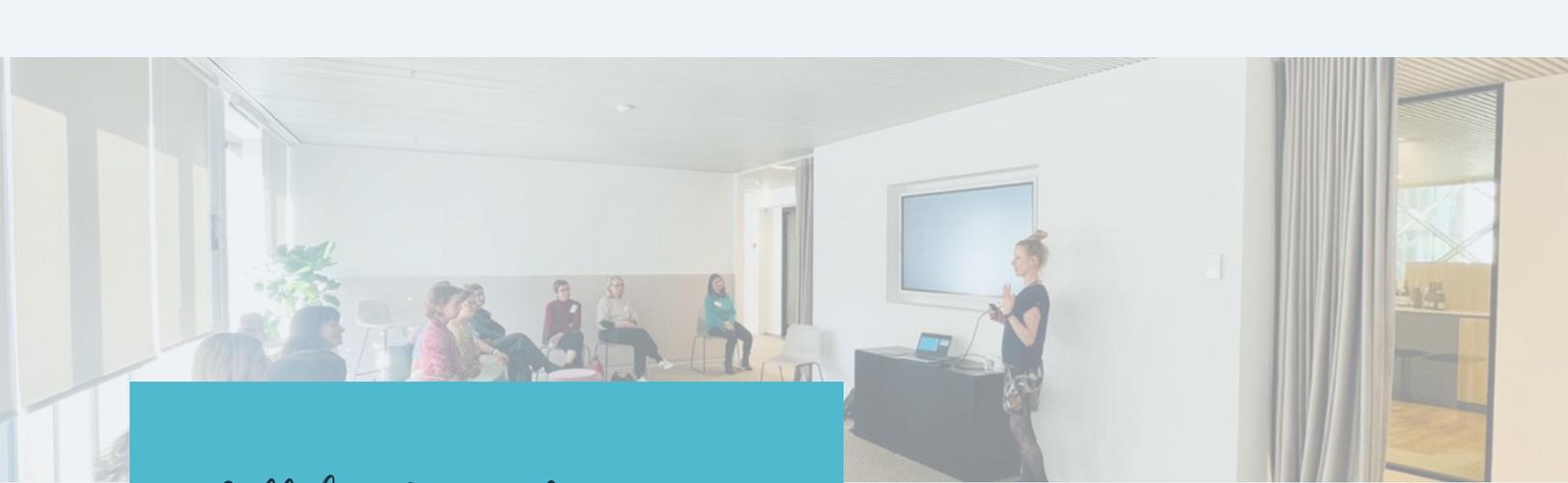
Korn Ferry

Hormonally Speaking

WEE
Entrepreneurs

Hormone Summit
2021

Korn Ferry



Collaboration packages

Package A: 500€

- Professional Keynote Speaking (60-90 minutes)

Package B: 1.000€

- Half-Day Seminar
- Professional Keynote Speaking

Client Feedback

"We had the pleasure of organizing an event together with Marieke Steen, and it was an exceptional experience. Marieke is an amazing professional nutritionist with a wealth of knowledge in her field. Her expertise and dedication were evident throughout our collaborative workshop. She played a crucial role in making the event not only informative but also engaging and well-organized. I highly recommend Marieke Steen for anyone seeking top-notch nutrition expertise and a fantastic collaborative experience."

Anda Burcea, Alchimie Spa

Contact Details

Please feel free to contact me for any concerns or questions.

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