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「AT HOME WITH... FRANCA VILLARROEL」

Imbalanced Mindset
By Franca Villarroel (Francamentefit®)

PHOTO: MARCO REYES / DIRECCIÓN DE PRODUCCIÓN: ANA PAVÓN
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BALANCE IN YOUR PERSONAL SPACE AND LIFE

Franca Villarroel, beautiful and intelligent, is a reference of style in Marbella. We enjoyed a delightful day in her company at her amazing house, which was designed by her renowned father-in-law, Melvin Villarroel.

Her villa has a special charm, defined by love and respect for nature - an icon of finesse.

The villa breathes freedom in the heart of nature. The close connection with nature can be felt in every corner, surrounded by beautiful tropical gardens. The contemporary decoration is outstanding, and the vibrant colours inspire an instant feeling of joy and positive energy in a warm, inviting atmosphere.

Here in her home, Franca tells us about her work as a coach in Marbella and her company Francamentefit, and shares her philosophy of healthy, active living in touch with nature.



My deepest passion is to see people grow beyond their expectations. Every single person is a unique universe, filled with powerful emotions, resources and skills. With my lifestyle concept, FrancamenteFit, I motivate, encourage and guide people from all over the world to their individual, perfect, "imbalanced" life.

I am blessed to enjoy a privileged lifestyle that gives my family and me balance and inspiration every day. My house was designed by my father-in-law, Melvin Villaruel, and it is a great example of his love and respect for nature, reflected in all his work. He transmitted this passion to his children and his grandchildren, and we enjoy being here every day. My husband and his brother now continue that tradition with projects such as Palo Alto and Marbella Club Hills.

As a Systemic Life Coach, I teach my clients to master imbalance by focusing on their true needs, which I group into three key areas:

HEALTHY LIVING:

A healthy lifestyle means regular physical exercise; mental balance is connected to our physical activity, healthy food habits and quality sleep.

STRONG RELATIONSHIPS:

According to a Harvard study, strong human relationships are what makes us most happy and longevous. Spend quality time with your family, your kids and your friends. Practise love and appreciation for what you have. When we are able to give love, we receive love.

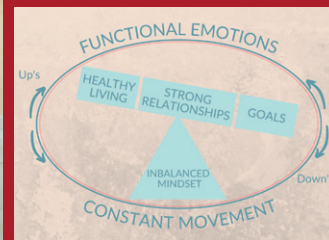
GOALS AND PROGRESS:

And of course, personal goals give us drive and motivation in life. One of my favourite mottos is: Train your brain! Be active in following your goals, learn new skills, challenge yourself, stay driven, and enjoy the journey of exploring unknown possibilities. Take risks! It gives us a boost of self-esteem and confidence to step out of our comfort zone, and grow personally and professionally beyond our self-set boundaries.

Instead of looking for balance, true happiness is found in imbalance! Being happy, living healthy and feeling balanced... for most of us this would be the ideal state of mind. Today, in our disruptive world, our reality is often very different. Imbalance is everywhere! We are plagued by destructive and painful feelings, negative thoughts, or being torn between too many responsibilities and challenging situations that constantly knock us out of balance. The world is imbalanced, and our lives are imbalanced!

But there is no right or wrong. Nothing is just black or white. Most things are shades of grey. "There are three constants in life... change, choices and principles." (Steven R. Covey)

A life of imbalance is a life of opportunities. It is not about giving up perfection, it is about finding what is perfect for you. The discipline to remain on this path opens up endless growth opportunities! Life is a gift of millions of options! Instead of looking constantly for balance, flow with the imbalance!



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