

Eline Van Audenaerde

Belgium

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Press page: <https://theunicornmothership.com/press-media>

**Bio:**

Eline is a holistic (night)life coach, speaker and nightlife consultant, hailing from Belgium. Since 2015, her brand The Unicorn Mothership has been advocating for holistic living and electronic music wellness, helping electronic artists and music industry professionals move the needle towards sustainable success in the music industry through 1:1 coaching and online training.

Eline is also enthusiastic about equine reiki and studying A Course in Miracles, and she is a published co-author in the Journal for Psychology of Music.

Eline has seen her fair share of hardship – coping with the effects of abuse, poverty, and other childhood traumas. A passionate raver and dance music enthusiast, she turned her past experiences into strength. She now helps others to thrive in the challenging, frequently toxic environment of the electronic music industry.

With a degree in Eastern Languages and Cultures, a certification as a holistic coach in personal and transpersonal coaching and currently back in school to become a forensic Psychologist, she decided to devote her work to wellbeing in the dance music industry.

Eline is a regular conference presenter, podcast guest, and event panelist. She addresses topics like wellness and wellbeing, sobriety, mental health, entrepreneurship and personal finance, and inclusion and diversity.

**Professional Experience:**

**The Unicorn Mothership**, August 2015 - present, Founder

Online training and private coaching of electronic musicians and nightlife workers to have sustainable success and work-life balance.

**Nighttime Economy Solutions Ltd.**, September 2022 - present, Consultant

Delivering trainings on:

- Anti Sexual Harassment in nightlife
- Vulnerabilities and women's safety in nightlife
- Anti-drink spiking
- Drug safety

**VI.BE, 2019 - present** - Member of the General Assembly

Point of contact for artists and music industry professionals in Belgium.

**AFEM (Association For Electronic Music)**, April 2019 - April 2020, Working Group Member

AFEM is a global non-profit trade organization for electronic music, representing our community, culture and commerce.

Participated in:

- Health working group - to help protect the mental & physical health of fans & professionals.
- Diversity And Inclusion working group - to raise awareness of the need for increasing diversity and inclusion across all aspects of the genre.

**Reform Radio Manchester**, January 2019 - December 2021, Host + Producer Mind The Music  
This radio show explored artist well-being in electronic music from a holistic viewpoint. Guests include Aleksí Perälä, Aaron Horn, Tristan Hunt (formerly at AFEM), Natalie Maddix (House Gospel Choir).

**shesaidso**, September 2015 - December 2019, Chairwoman + Founder sssobelgium  
Global network advocating for underrepresented voices in dance music.

**Mixcloud London**, December 2014 – April 2015, Community & Business Development  
The world's leading platform for on-demand radio.

**Chase Belgium**, June 2014– December 2014, Senior Editor - Social Media Coordinator – Partnerships

**Stainage Records**, September 2007 – September 2008, P.R. Collaborator  
Independent bass label that aimed to release music by Belgian producers. Distributed by Cargo Records. Label activities ended in 2012.

#### **Publications:**

- *Performers of the night: Examining the mental health of electronic music artists* by Jolan Kegelaers, Lewie Jessen, Eline Van Audenaerde, and Raoul RD Oudejans (published in the Journal for Psychology of Music in 2021)
- *Global Nighttime Recovery Plan Chapter 4: Sustaining Our Nightlife Scenes*, looks at case studies from around the world that focus on support models for nightlife industry workers and vulnerable populations. (2021)
- *Belgian DJs talk about chronic sleep problems* (Vice Belgium 2019)
- *Charlotte Adigéry shares why she released a meditation tape* (Vice Belgium 2019)

#### **Panels & talks:**

- **FINTA event 2024 by VI.BE, AB & Het Depot (Leuven, Belgium)**, networking event in light of International Women's Day to formulate solutions for unequal gender representation in the music industry with a peer support session and work group on alcohol (mis)use in the music industry facilitated by Eline Van Audenaerde.
- **Minding The Night 2024 (online)**, a panel about safeguarding the mental health of nightlife workers with Ariel Palitz (first and former Night Mayor of New York City) and Carly Heath (Nighttime Economy Advisor, Bristol City Council).

- **ESNS 2024 (Groningen, NL)**, curated and participated in the panel, “What Can Organisations Do To Improve and Promote The Mental Health Of Their Workforce?”, with Joe Hastings (CEO Music Support UK), Benjamin Feyen (European Parliament), George Musgrave, Suzi Green (Healthy Touring), Carina Sava (Watermelon Agency), and Eric Cyuzuzo (VK Brussels), facilitated and hosted a workshop/peer support session on sobriety at music events, and a workshop/peer support session on networking for introverts.
- **Vibelab 2023 (Brussels, BE)**, panel “I’ll drink to that” on the topic of sobriety, and alcohol as a big revenue source and bonding agent at music events.
- **Club Health Conference 2023 (Liverpool, UK)**, Chair Plenary on Mental Health And Nightlife; deliver a 17-minute Keynote “The importance of safeguarding mental health in the nighttime economy”; host a wellness session.
- **Future Music Forum 2023 (Barcelona, ES)**, speaking on the panel “Navigating Mental Health in The Music Industry” with Andrew Kingslow and Marni Wandner.
- **Liverpool Sound City Conference 2023 (Liverpool, UK)**, panel discussion on mental health and accessibility in the music industry with Help Musicians UK, Brighter Sound and Nordoff and Robbins.
- **FastForward 2022 (Londen, UK)**, 15-minute Talk ‘5 Tips for Working in Music Post-Pandemic’
- **BAU Sessie #5 De Roma 2022 (Antwerp, BE)**, Mentale gezondheid in de muziekindustrie, panel met Joseph K. Antonio (Koolisse), Alioth en Eric Niyibizi Cyuzuzo
- **Amplify Music 2021 (online)**, Panel ‘Mental Health in the Music Industry’ with Sally Gross, co-auteur van ‘Can Music Make You Sick?’
- **Vibelab 2021 (online)**, Panel in conversation with DIXON on the optimistic outcomes of the pandemic.
- **We Should Talk 2020 (Antwerp, BE)**, Panel over de impact van muziekcultuur en COVID-19 op het welzijn van muzikanten.
- **Bright Festival Connect 2020 (online)**, Panel “Electronic Music Fans Wellbeing in Covid Age”.
- **The Word 2019 (Brussels, BE)**, Panel “From adulation to isolation: How can DJ’s, producers and musicians achieve a balanced mental health in the often challenging electronic music landscape.”
- **Sonic Visions Festival 2019 (Luxemburg, LU)**, Workshop on well-being in the music industry teaching a 4-step mindful method to cope with anything.
- **The European Music & Composer Alliance 2019 (Brussels, BE)**, Panel on how digitalisation influences the well-being of artists.

### **Qualifications:**

- Eastern Languages & Cultures, UGent
- Certified training holistic coach in personal and transpersonal coaching and counseling, Centrum GEA (Ghent)
- NLP Practitioner, David Keys
- Relationship Workshop Facilitator
- Bachelor’s Applied Psychology (currently in training)