

Danique Motzheim

Founder of BYOU. Author. Podcast host. Building the new wellbeing system for the next generation.



Founder	Danique Motzheim
Company	BYOU
Foundation	BYOU Impact Foundation
Based in	Amsterdam, The Netherlands
Focus	Mental wellbeing, youth, access, community, technology
Available for	Interviews, podcasts, panels, speaking, partnerships
Platforms	Podcast, Founder Letters, book, website
Current focus	Forming founding board and launching Dutch foundation structure

Bios

Short bio (1 line)

Danique Motzheim is a Dutch Founder, Author and Speaker on the future of human wellbeing, Founder and CEO of BYOU and Founder of the BYOU Impact Foundation.

Medium bio (1 paragraph)

Danique Motzheim is the Founder and CEO of BYOU, a global wellbeing platform building a movement where mental wellbeing is a human right. She is the author of *The Global Thought Leader Mindset* and the host of the BYOU Podcast. Through her writing, speaking and mentorship, Danique helps the next generation of impact founders build companies that move humanity forward.

Long bio

Danique Motzheim is a Dutch Founder, Author, Speaker, Podcaster and Thought Leader on the future of human wellbeing. She is the Founder and CEO of BYOU, a global wellbeing platform that brings together therapy, coaching, mindfulness, nutrition and beauty professionals to make mental wellbeing easy, daily and accessible. Danique is also the Founder of the BYOU Impact Foundation, which works with youth, communities and policy makers to make wellbeing accessible for everyone, especially those who cannot yet pay for care. She is the author of *The Global Thought Leader Mindset* (2022), the host of the BYOU Podcast, and the writer of the BYOU Founder Letters published on Substack and Medium. Danique mentors impact entrepreneurs and speaks on stages where the future of wellbeing, leadership and humanity is being decided.

About BYOU

BYOU is a global wellbeing platform founded by Danique Motzheim. It brings together 200+ verified experts across therapy, coaching, mindfulness, nutrition and beauty into one beautifully designed app. No subscriptions, no waiting lists, just flexible credits that never expire, so support is available in under 60 seconds, from anywhere in the world.

About the BYOU Impact Foundation

The BYOU Impact Foundation builds safe communities, school clubs and direct routes to mental support, for youth, with youth. It exists to protect access to wellbeing for young people and communities who need support but cannot always pay for it. The foundation is currently forming its founding board and launching under a Dutch foundation structure.

Interview angles

Suggested angles for journalists, podcast hosts and producers.

01. Mental health needs a new system, not another awareness campaign.

Why awareness has plateaued and what a new access system actually looks like.

02. Why the future of wellbeing will be community-driven.

How peer support, safe spaces and youth-led clubs are becoming the new front door to care.

03. The female founder building both a company and a foundation around human wellbeing.

The dual model: a scalable platform (BYOU) and a nonprofit (Foundation) reaching those who can't yet pay.

04. Why mental health should become as accessible as beauty, fitness and community.

Reframing wellbeing as a daily practice, not a crisis product.

05. Why impact does not have to look boring, clinical or small.

Building an impact brand that is modern, premium and hopeful, without losing depth.

06. Building the new wellbeing economy from Amsterdam to the world.

A Dutch-founded, globally minded model for the next generation of wellbeing companies.

Contact & links

Press contact

For interviews, podcast bookings, panels, speaking and partnerships:

Book a 30-min call: calendly.com/danique-byouimpact/30min

Website: daniquemotzheim.com/contact

Website & pages

Home: <https://daniquemotzheim.com>

Manifesto — Mental Health Needs a New System:
<https://daniquemotzheim.com/mental-health-needs-a-new-system>

Founding Board: <https://daniquemotzheim.com/founding-board>

BYOU: <https://daniquemotzheim.com/byou>

Foundation: <https://daniquemotzheim.com/foundation>

Press: <https://daniquemotzheim.com/press>

Social & platforms

Instagram: <https://www.instagram.com/daniquemotzheim>

LinkedIn: <https://www.linkedin.com/in/danique-motzheim/>

YouTube (BYOU): <https://www.youtube.com/@BYOUapp>

Substack (Founder Letters): <https://daniquemotzheim.substack.com>

Medium: <https://medium.com/@daniquemotzheim>

Book · Amazon: <https://www.amazon.com/dp/B09VWTTBZX>

Book · Goodreads:
<https://www.goodreads.com/book/show/59706702-the-global-thought-leader-mindset>

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