

# Mira Wellbeing Coach

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Exclusive well-being coaching based in ancient Wisdom of Eastern Metaphysic bridged with innovated methods of neuroscience and positive psychology helps you to transform your life in the way which brings you to innate happiness and fulfilment. Are you not so productive as you would like to be? Are you failing to reach both your personal and professional goals? Do you feel stressed, unmotivated and somehow stuck? Do you experience lack of energy? If yes, have you thought about wellbeing coaching? To transform your mindset and bring balance to your life, I approach your personal development effectively, using a variety of unique tools and methods. During our coaching process, you discover how to reach your targets, using simple but powerful relaxation methods, that maximise your awareness. What helps you to achieve satisfaction by optimising your vitality and creativity, leading to your very own success in whatever area you choose. As we will walk together step by step your unique direction, you can develop a deeper understanding of the lifestyle choices that are right for you, helping you to skyrocket your personal potential. This process can implement lasting, positive changes for years to come. The role of wellbeing Coach is to provide ongoing

support and guidance as you set goals, helping you make sustainable changes that can improve your current health and happiness on a long term basis. Energy management is about being aware of how much physical, emotional and mental energy we have throughout our day to do our activities in the best way. Simply be in a natural rhythm. I am offering a special approach based on ancient wisdom of Chinese Metaphysics bridged with modern neuroscience and positive psychology, which helps you to reveal your unique way to cope with your energy and become more effective, not exhausted, but fully present and happier during your day. Workshops: Stress Management Letting Go Healthy Lifestyle Self esteem Relaxation methods

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