



One-on-one sessions Private Pack

One-on-One sessions can be organized for the same issues. Do you experience stress or does anyone within your organization deals with high stress levels. Or is there someone dysfunctional within the team whom needs to releave extra stress and change their behavior into a more positive attitude?

For this I offer one-on-one online sessions where we focus on your personal needs and issues within your organization.

This can also be a useful development tool for anyone within your organization, whom will feel sufficiently protected and listened to and:

- express freely his or her inner creativity
- relieve stress and being able to manage it
- transform negative emotions into positive ones.

PROGRAM DETAILS

The program is experiential and is delivered in 8 webinars of one hour each for a total of 8 hours.

BENEFITS

It explores emotional intelligence through active art-making and mindfulness for:

- inspiring a sense of well-being
- relieving stress and preventing burnout
- releasing emotions and managing behaviors
- fostering self-awareness and self-esteem.

GOOD TO KNOW

The webinars are in English and one-on-one sessions with 1 participant.