

ENERGY MANAGEMENT - ONLINE COACHING OR WORKSHOPS

from: Mira Wellbeing Coach

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Description

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.

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