



Kasia Richter

CONTACT



+ 44 787 947 4913



kr@wellbeingstrategist.com

www.wellbeingstrategist.com

SOCIAL

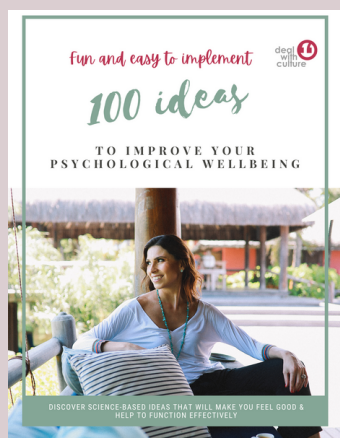


Clubhouse
@kasiarichter

WORKED WITH



FREE E-BOOK



Psychologist | Burnout | Mental Health | Wellbeing Retreats | Removing Negative Beliefs

WELLBEING STRATEGIST

Psychologist and wellbeing expert who transforms the lives of business leaders on the brink of burnout, breakdown, and depression by using a unique methodology 'RESET' combining neuroscience, positive psychology, theta healing, and yoga.

Client outcomes with the instant solutions: removing anxiety and negative beliefs, earning healthy habits to prevent addictions, avoid mental health breakdown due to changing behavior, mindset, and daily habits.

Key results: higher quality of life, improved productivity, and achieving business and personal goals.

Former clients include Emirates, Qatar Airways, The Ritz- Carlton Bahrain, La Fontaine Spa, Absolute Sounds, Lusófona University

AREAS OF EXPERTISE

- removing negative beliefs
- wellbeing assessment
- burnout prevention
- internet addiction prevention
- yoga practice for busy entrepreneurs
- recruitment
- managing career change
- digital detox retreats

TRAINING TOPICS

- Wellbeing Hacks for busy entrepreneurs to stay focused and energized
- Implementing Wellbeing Strategy in a small company
- Build your resilience and positive mindset
- Radiant Mood and Relaxed Body in 4 days without a holiday or a spa
- Corporate Wellbeing

