



# Kasia Richter

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## SOCIAL



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## WORKED WITH



## FREE MEDITATION



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

## WELLBEING STRATEGIST

Psychologist and wellbeing expert who transforms the lives of ambitious professionals and entrepreneurs 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, avoiding 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
- managing career change
- digital detox retreats
- stress management

## 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
- Burnout- proof career
- How to find a partner you want and deserve. Love Lab

