



DEEPER ENGAGEMENT AND TRANSFORMATION ONE'S LIFE WITH PALMA MICHEL



Mindset Reprogramming for Weight Loss & Detox

50/80 minutes

These sessions work in tandem with weight loss and detox programs that your clients might be running. We will look at ways of reprogramming the mind and strengthening impulse control in order to break undesired past behaviors and create healthy new eating habits.

Reformulating Sleep

50/80 minutes

Many of us feel tired but wired and struggle finding the quality sleep we need in order to access our full potential. Lack of sleep increases our stress, lowers our moods, impulse control, performance and wellbeing. This session explores how to use de-stressing and mindfulness techniques to find peaceful rest at night.

Personal counseling for a Balanced a Happy Life

50/ 80 minutes

Though the definitions may vary, one thing most of us can agree on is that people generally want to be happy. In recent years, research has considered whether this pursuit of happiness is worthwhile, looking for evidence of its physical and mental benefits. These sessions look at the science behind happiness and explore how to live your best life by learning simple evidence-based practices that can bring more joy and fulfillment into your days.

Palma will tailor the sessions to your individual needs such as:

- Boost Your Resilience/ Stress Management
- Stop & Reset – Slowing Down to Speed up
- Emotional Intelligence
- Increase of your Self-Compassion

About Palma

Palma Michel is a sought-after meditation teacher, mindfulness teacher, mindful leadership advisor, executive coach, Reiki practitioner and motivational speaker. She is a qualified lawyer and the author of *The Authority **Guide To Mindful Leadership***, which offers simple techniques to manage yourself and others and effect broader change. Palma is the co-founder of *Profuse29* and also an ambassador for *The Leading Culture Destinations Awards*. Palma offers meditation and mindfulness as a way to hack your neurobiology and increase self-awareness, which is the first step to self-mastery. Her aim is to empower her clients to live with more presence, inner peace, gratitude and love for life. Her volunteering work at St Joseph's Hospice and Mind Charity gives Palma a unique perspective on living life right NOW with a sense of urgency and meaning. Palma's international client base includes CEOs, investors, philanthropists, founders and companies such as Yahoo and Mario Testino+. She teaches with passion, sensitivity and insight, gained from years of personal practice and professional training.

Palma has recently been hosted by Google Campus, The Soho House Group, Jamie Oliver's Big Festival, The Fiorucci Art Trust, Li Galli Island, The Happy Few Club, The Century Club, Second Home London and the London School of Economics. Palma previously spent ten years as a board-level executive search consultant (Principal-level) with two of the world's leading executive search firms Heidrick & Struggles and Korn/Ferry International in Europe, Asia and the UK.