



Cristina Bara
NLP Professional Coach
Physical, Mental & Emotional Fitness

Cristina BARA - Neuro-Linguistic Programming (NLP) Professional Coach will assist with a goal-oriented approach to:

- change your limiting beliefs, improve your self-confidence and tap into your full potential so that you take your well-being to the next level;
- manage your emotions, refocus and adopt a stronger mindset, so that you see any challenge as an opportunity to grow;
- identify, prevent and overcome from burn-out;
- improve your nutrition by adopting healthy alternatives and keeping your energy levels high;
- manage better your most precious asset: your time.