

Let's get started

Pop-Up Yoga Concepts
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*Provide your
workforce with the
tools and
techniques to
navigate the
workplace in the
21st Century.*

Organizational Well-being

STRESS MANAGEMENT
BURNOUT PREVENTION
PROFESSIONAL RESILIENCE

Emotional Intelligence

Crisis Simulations

- Helping organizations leverage, navigate and maximize their EQ (emotional intelligence) potential across their workforces.
- Nadja facilitates EQ-based crisis simulations exercises, which are expertly designed to reflect and simulate real-world workplace challenges.



Mind Body Health & Mindfulness

- Michel facilitates workshops in mind body health, empowering people with the necessary tools of taking better control over their health.
- Helping companies understand the importance of adopting a conscious mindset at the workplace and how they can learn from authentic, compassionate and mindful communication as a key value for driving their business goals forward.

Co -Working Les Galeries

- Based in a historical setting in Brussels King's Gallery dating back from 1847 and 50 steps away from the famous Grand-Place, this boutique co-working space is designed for conscious professionals looking for a place to meet, work, and chill.
- A warm environment, wooden floors, coffee chats, built-in terrace, exotic plants, handmade furniture, eco-friendly products, art gallery corners... you won't find a more authentic co-working space in Brussels.

