

IAYSP-Switzerland's Project We Care! Spiritual, Mental, Emotional & Physical Health

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IAYSP-Switzerland organized an online event with content provided by two life coaches, Rafael Guignard and Deborah Cali. With some practical exercises and meaningful questions, Rafael used his experience as a certified Life and Performance coach to help us envision a more balanced lifestyle for ourselves. Deborah Cali, as a mindset coach and mindfulness facilitator, focused more on tips to tackle stress and anxiety.

We had over 60 participants from all over the world attending!

At the end, both speakers answered questions provided by the audience. Through this event, participants were motivated to achieve a more balanced lifestyle, as well as gaining some practical tools to create good habits in their daily life.

Some testimonies from the participants:

"I had already heard about most of the points presented today, and had as well practiced mindfulness in the past, but had stopped to do so the past few years. Participating in today's event made me want to "take my life in my hands" again and start again doing such exercises and practices on a daily basis."

"That was an educative webinar to our daily lives to find balance. I had started like 3 years ago practices and doing them without a Coach. I guess if I choose to be mentored by both young people I will find my other rest 20%. I am really empowered and going out for a jogging my every night mindset habit for about 1-2 hrs. Thank you to both speakers from me!"

