

# Mental Well-Being Consultant

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Training courses are customized and can be adapted to different trainee profiles and different topics that are most relevant to each case and each specific need.

Consulting is provided individually or collectively (small groups) depending on needs.



1

Personalized advice

2

Mentoring and training with practical exercises

3

Understanding concepts and practices for better mental well-being!

Training and personalized counseling with practical exercises, games, use of images, clippings, role playing, and body movement.

<https://substack.com/@extensamente>