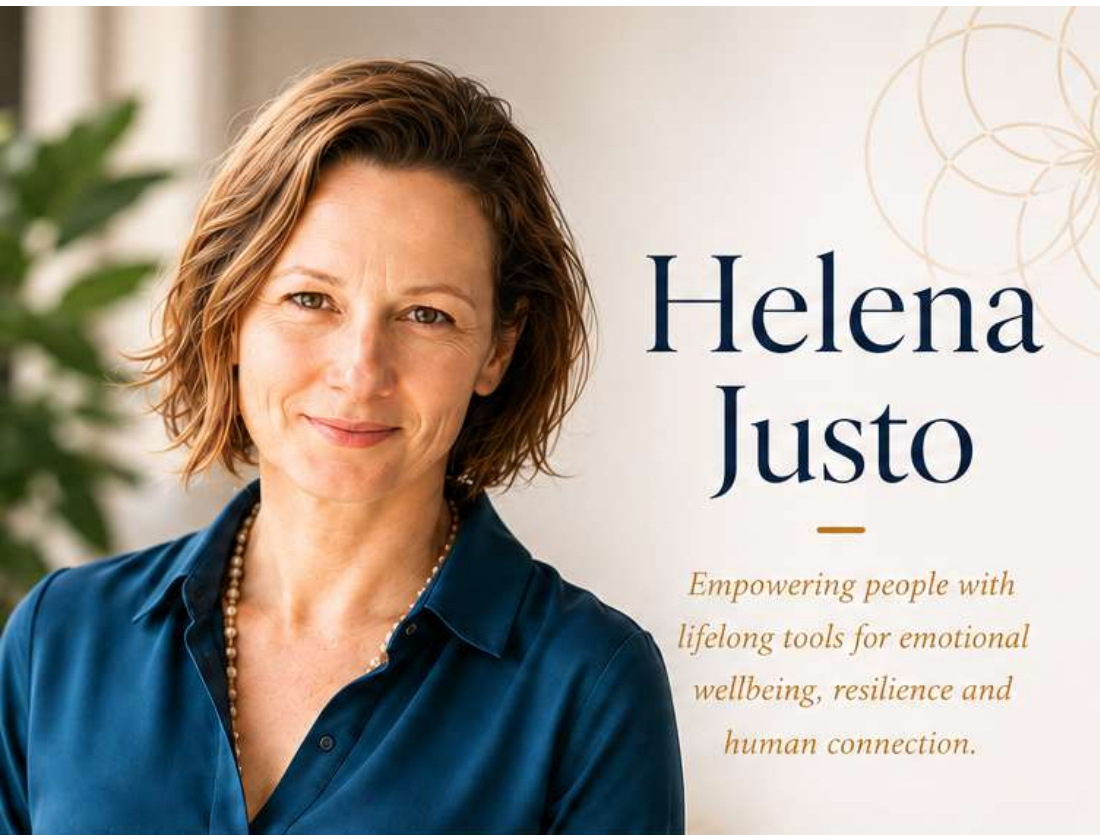




Helena Justo

*Empowering people with
lifelong tools for emotional
wellbeing, resilience and
human connection.*



I believe true transformation happens when we work with the whole person — **mind, body, emotions and nervous system.**



With a background that integrates leadership, human development, trauma, integrative health and experiential methodologies, I design customized processes for individuals, teams and organizations, helping people build greater awareness, resilience, inner safety and the ability to lead with authenticity.



More than applying tools, I choose the right approach for each challenge, integrating different methodologies in a coherent and deeply human way.



HOLOS
LEADERS

AREAS OF EXPERTISE



HUMAN DEVELOPMENT & WELLBEING

- Somatic & Trauma Therapy
- Health Coaching
- Nervous System Regulation
- Emotional Intelligence Development
- Stress Management & Resilience



SYSTEMIC APPROACHES

- Systemic Facilitation
- Shamanic Family Constellations
- Personal Reintegration & Transformation Processes



LEADERSHIP & ORGANIZATIONAL DEVELOPMENT

- Leadership Mentorship
- Team Development
- Communication Under Pressure
- Workshop Facilitation
- LEGO® Serious Play®



EXPERIENTIAL METHODOLOGIES

- Laughter Yoga
- Therapeutic Dance
- Body & Movement Practices
- Group Dynamics & Team Building

Connect with me
on LinkedIn



CONTACT



helena@holosleaders.com



+351 969 007 817



www.linkedin.com/in/hjusto



www.instagram.com/helena_justo

