



Helena at Holos leadership

FACILITATOR • SOMATIC THERAPIST • MENTOR
IN PERSONAL LEADERSHIP & HUMAN TRANSFORMATION

*"Until you make the
unconscious conscious, it will
direct your life and you will
call it fate."*

- Carl Jung

WHO *Am I*

Helena Justo

With a background in leadership, learning, human development, and entrepreneurship, I have spent over a decade working with entrepreneurs, leaders, and international communities across diverse environments and cultures.

My path into this work began through my own experience of burnout and transformation, which led me to explore a more integrative and human-centered approach to wellbeing and leadership.

Today, I combine somatic and trauma-informed practices, systemic thinking, emotional intelligence, and experiential facilitation to support both individuals and organizations in creating meaningful and lasting change.

My work is grounded in one core belief: True leadership always starts from within.

HOW

I CREATE IMPACT

My approach goes beyond traditional workshops or coaching formats. I create transformative experiences that help individuals and teams reconnect with themselves, navigate change with greater resilience, and build healthier, more conscious ways of relating, leading, and working together.

Through immersive, engaging, and psychologically safe spaces where people can slow down, reconnect, reflect, and transform, I integrate:

- Somatic & trauma-informed practices
- Personal leadership & emotional resilience
- Systemic thinking & group dynamics
- Creative and experiential facilitation
- Burnout prevention & nervous system regulation
- Communication, self-awareness & connection

I help organizations create spaces where people feel more connected, emotionally aware, resilient, and engaged. Whether working with teams, leaders, or groups, my focus is on supporting healthier human dynamics, reducing stress and emotional overload, strengthening psychological safety, and encouraging more conscious communication and collaboration.

My sessions are designed to be memorable, experiential, and deeply human, creating impact that extends beyond the session itself.

What differentiates my work is the combination of strategic understanding, human depth, and experiential facilitation. I bring together:

- Corporate and leadership experience with international communities
 - Therapeutic and somatic approaches focused on real transformation
 - A strong ability to hold space for both vulnerability and growth
 - Creative methodologies that make learning embodied and memorable
 - An integrative perspective that connects wellbeing, leadership, and human behavior

HOLOS LEADERSHIP

by Helena Justo

let's get in touch

 www.linkedin.com/in/hjusto

 [helena_justo](https://www.instagram.com/helena_justo)

 helena@holosleaders.com