

Dear Culture Vitale Team,

With over 10 years of experience as a psychotherapist, mindfulness instructor, and facilitator of personal growth workshops, I have dedicated my career to helping individuals and groups cultivate emotional well-being and resilience. My approach blends systemic therapy, mindfulness, and conscious movement, creating safe and transformative spaces where people can reconnect with themselves, their bodies, and their values.

I am especially drawn to Culture Vitale because of its mission to bring well-being, creativity, and human connection into workplace environments. In my work, I value introspection as a powerful tool for growth, while also integrating creativity and group dynamics to encourage lasting change. Whether working one-on-one with executives or facilitating group workshops, I design experiences that balance theory with practice, ensuring they are engaging, accessible, and impactful.

My strengths include creativity in workshop design, the ability to foster safe and inclusive environments, and a passion for guiding people through processes of self-awareness and transformation. Fluent in Spanish, English, and French, I thrive in multicultural contexts, and my love for travel and connecting with people enriches the way I teach and facilitate.

I would be honored to contribute my skills and passion to your network of practitioners. I look forward with great interest to learning more about you and your project, which I feel deeply aligned with both professionally and personally.

Warm regards,
Susana Guerra