

# DANIELA NISTOR

**LEADERSHIP & WELLBEING STRATEGIST | SOFT SKILLS & MINDSET DEVELOPMENT | COACHING FOR GROWTH & IMPACT | EMPOWERING PEOPLE & TEAMS**



I am passionate about empowering individuals and organizations to achieve a sustainable balance between success, wellbeing, and purpose.

With a background in Economics and Business Administration, I bring strategic thinking to leadership and personal development—grounded in real-world experience and a deep, evolving understanding of holistic wellbeing. My approach is shaped not only by professional milestones but also by personal turning points that taught me a simple truth: success without health, joy, and alignment isn't truly success.

As the founder of 360 Growth Solutions, I lead transformative workshops and trainings that blend leadership, mindset, and emotional intelligence with a strong wellbeing focus. Whether it's guiding professionals to communicate with presence, manage stress, or lead with empathy, my work helps people thrive in demanding roles without burning out.

Over the years, I've supported thousands of professionals across the GCC, helping them grow into confident, self-aware, and resilient individuals. I use neuroscience-based tools like the Motivation Buttons™ Assessment, alongside wellbeing assessments and coaching models that support both performance and inner alignment.

My personal journey into wellness began with my own experience of burnout, which led me to question traditional definitions of success. I now hold certifications in:

- Health Coaching (Institute for Integrative Nutrition – USA)
- Naturopathy (France)
- Stress Management (Harvard Medical School)
- Lifestyle Medicine – Nutrition and Metabolic Syndrome (Harvard Medical School)
- Yoga, Meditation and Mindfulness (India)

These allow me to offer a comprehensive, integrative approach—one that supports individuals in aligning their bodies, minds, and lives with what truly matters to them. Growing up in a family of high achievers, I was raised to prioritize excellence—but over time, I learned that joy, connection, and presence are just as essential. Today, I help others stop choosing between success and wellbeing—and start living fully, with clarity and energy.

My mission is simple yet powerful:

To inspire people to unlock their potential, care for their wellbeing, and build a life of clarity, health, and abundance.

If this resonates with you, I'd love to connect—heart to heart.

# **BALANCED SUCCESS: WHERE WELLBEING MEETS BUSINESS**

## **(AWARENESS SESSIONS 1-4 HRS)**

### **Wellbeing & Mental Health**

- Stress management mastery: Tools for daily balance
- Burnout prevention & recovery: Creating a sustainable work rhythm
- Mental health awareness: Recognizing and responding with care
- The science of happiness: Daily habits for personal and professional fulfillment
- Work-life integration: Aligning energy, purpose, and priorities
- Mindful eating for busy professionals
- Resilience in the workplace: Bouncing back stronger
- Emotional agility: Managing emotions under pressure
- Reset & recharge: Breathwork, micro-movements & mindful practices
- Creating calm spaces: Designing environments that support focus and wellbeing

### **Creative Thinking & Personal Growth**

- Thinking outside the box: Boosting creative problem-solving
- From fixed to growth mindset: Shifting perspectives for progress
- Vision board workshop: Designing the life & career you want
- Ikigai at work: Aligning purpose, strengths, and contribution
- Purposeful leadership: Inspire, empower, elevate
- Know yourself to grow yourself: Self-awareness for impact
- Smarter decisions, less regret: Tools for better choices under pressure



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## **(AWARENESS SESSIONS 1-4 HRS)**

### **Soft Skills & Emotional Intelligence**

- Empathy in action: Building stronger connections at work
- Active listening: The superpower of truly hearing others
- Emotional intelligence at work: The edge you didn't learn in school
- Difficult conversations made easier: Navigating conflict with confidence
- Collaborative communication: How to work better together
- Influence without authority: Leading across teams and levels
- Time & energy management: Working smarter, not harder
- Assertiveness without aggression: Healthy boundaries in the workplace
- Psychological safety: Building teams that trust and thrive
- Constructive feedback: Giving and receiving feedback that fuels growth

### **Culture, Inclusion & Team Dynamics**

- Leading with values: Shaping authentic workplace culture
- Cultural sensitivity in diverse teams
- From bias to belonging: Fostering inclusive work environments
- Inclusive leadership: Creating space for every voice at the table
- Building belonging: Everyday actions that shape inclusive teams





# SUCCESS Snapshots



# TRUSTED BY INDUSTRY LEADERS:



# KEEP IN TOUCH:



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