



MINDPLUS

The Science of Wellbeing  
[www.mind-plus.ch](http://www.mind-plus.ch)



My name is Ana Maria Yudine. I hold a Master's degree in Applied Positive Psychology and Coaching Psychology, accredited by the European Mentoring and Coaching Council (EMCC). Additionally, I have earned a diploma in Psychoneuroimmunology, which enriches my holistic approach to coaching and well-being.

POSITIVE PSYCHOLOGY

Whether you need a theme-specific experience for your team, want to integrate a workshop into your retreat, or simply explore meaningful topics with colleagues or friends — I'd love to design an ad hoc workshop for you.

You can expect powerful “aha” moments and practical tools that you can immediately apply to grow personally and professionally. These insights will not only help you build stronger relationships and achieve greater success across all areas of life, but also allow you to inspire those around you.

Let's co-create an unforgettable, transformative experience together. Here are some examples of workshops our clients have requested.



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## SETTING BOUNDARIES AND SAYING NO



We all need clear limits to promote healthy relationships and support our well-being. Setting boundaries is essential for staying efficient and avoiding resentment, anger, and burnout.

Being effective means focusing your time and energy on what truly matters—and confident boundary-setting helps protect your priorities while creating space for self-care. Without boundaries, it's easy to become overwhelmed by requests and distractions that don't align with your goals, which can harm your well-being.

By saying no when needed and setting healthy boundaries, you:

- Take control of your time and focus
- Preserve your energy
- Respect your needs and limits
- Create space for your most important goals
- Build healthier, more respectful relationships

Mastering the art of saying no is a powerful way to enhance your effectiveness, well-being, and fulfillment—both personally and professionally.

Ideal for:

Professionals, leaders, caregivers, and anyone seeking to improve boundaries, reduce overwhelm, and boost well-being and effectiveness.



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## BRIDGING DIFFERENCES



This workshop is about navigating conflict and building common ground

Are conflicts or miscommunications holding your team or relationships back? Differences can create tension—but they also offer opportunities for connection and growth.

Bridging Differences is an interactive workshop that equips you with practical tools to turn conflict into collaboration. Learn to:

- Value diverse perspectives
- Communicate with empathy
- Find shared goals and common ground
- Strengthen relationships through effective collaboration

Don't let differences divide. Join us to build stronger connections and create win-win outcomes.

Ideal for:

Leaders, teams, educators, and facilitators—anyone looking to enhance communication, navigate conflict effectively, and build more inclusive, collaborative relationships.

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## RESILIENCE AND IMMUNITY WITH PSYCHONEUROIMMUNOLOGY



A Science-Based Workshop on Stress and Health to build resilience and immunity  
This engaging workshop introduces the audience to psychoneuroimmunology (PNI)—the science of how stress affects the immune system, and how mindset and emotional regulation can improve health outcomes. Participants will learn effective, evidence-based tools to reduce stress, stay healthier, and build emotional resilience—leading to improved focus, energy, and well-being at work.

Ideal for:

Corporate wellness programs, HR teams, leadership development initiatives, employee support during high-stress periods, and individuals managing chronic illness.

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