



Title: Feel the joy and balance in your life by letting go of the past and perceptions

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INTRODUCTION:

In this conference I will be going through a little about what I do during my coaching sessions to provide you value and give you more energy to find the best version of yourself.

AIM:

To start enjoying life more & to find the balance in life both physical and mental. In a very holistic way.

MATERIALS AND METHODS:

I work with a workbook, meditation, exercise, and coaching sessions in group or private for 8 weeks. We start my going through our past, our habits, go through perceptions that we are not always aware of and then we move forward to the last stage which is finding out true self.

RESULTS:

When we have then acknowledged the things that are not helping us move forward, we then start creating the best version of ourselves.

CONCLUSIONS:

To provide tools and guidance to accomplish more and enjoy more when we start living from our true version of ourselves without boundaries of past beliefs.

KEYWORDS:

Personal development, guidance, wellness, fitness, holistic, mental health & coaching.

BIOGRAPHY:

My name is Liana Rikberg, I was born in Colombia, moved when growing up to Sweden, Argentina & Brazil. Mother of two I have been together with my husband for 16 years. I love reading, learning, I am very curious, and I cared a lot for others. Although I have been through a lot during my life the pandemic taught me that I had to step up and help others in my own way. To help people that want more out of life, that feel there is something within themselves but do not know what it is.

Certificates:

Staff & working life issue 2009

Zumba & Strong instructor 2015

HR certificate 2018

Knowledge broker 2021