



Andra Mihalcea

Wellness Coach

A compassionate Wellness Coach with extensive experience offering support and guidance to individuals who are encountering a range of challenges.

PROFESSIONAL SUMMARY

- * Over 5 years of experience in wellness and lifestyle optimisation, specialising in mindfulness strategies.
- * Proficient in assessing personal patterns and creating tailored wellness plans.
- * Collaborated with a multidisciplinary team to develop holistic treatment plans for your.

EDUCATION

Masters of Science in Psychology and Neuroscience of Mental Health, 2024

Kings College London

Bachelor of Science in Psychology

Babes Bolyai University

EXPERIENCE

Wellness Coach at Flair Life

- * Leading individuals to find purpose, focus, balance and fulfilment through – implementation of coaching, yoga, psychology, and neuroscience techniques
- * Hosted multiple retreats and wellness programs together with a multidisciplinary team to develop holistic approaches



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London, U.K.

SKILLS

- * Health & Wellness Coaching
- * Yoga, Psychology & Neuroscience
- * Stress Management
- * Body Alignment
- * Meditation
- * Relationship Improvement

CERTIFICATION

IIN Institute of Integrative Nutrition, 2022

IIN Gut Health Course, 2022

The Life Coach School, 2022

Hippocrates Institute, 2021

Yoga Teacher Training and Yoga Nidra

300h, 2020