

Nicoleta Pfeffer-Barbela



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*Cert. Meditation Trainer &
Mindfulness Speaker*

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Profil

Nicoleta the inspiring founder of citySTILLE – Mindfulness Center Vienna, a concept and a place that aims to increase well-being within the city landscape, as well as to prevent stress, depression and burnout.

After an extensive experience in implementation of development projects with focus on microfinance & social banking, Nicoleta changed her career path. She followed her passion and early interest for contemplative practices, became a Certified Meditation and Mindfulness Trainer and 2015 established “citySTILLE - Mindfulness and Meditation Center Vienna, one year later. She has a deep interest in a lasting welfare, happiness and mindful, authentic connections between everyone sharing a city SPACE and more.

As a certified meditation instructor she focuses on mindfulness in individual, small group events and organizational field. A scientific and secular approach of each practice is very important to her for a successful and further wide implementation in all society levels. In her pursuit for “*creating space, inspiring change*” and increasing well-being, she uniquely combines her skills with intuition and love for the human experience.

Nico started 2018 to regularly return to her homecountry Romania where holds periodical well-being experiences such as workshops, retreats and individual & organisational ReBALANCE Programs .

My Passions:

- Empowering Mindfulness cultivation at Individual level (ReBALANCE Program for Individuals)
- Facilitation of better working teams through mindful communication, building inside-out bridges for authentic connections
- Supportive Mindfulness Impulses Design on Self-Awareness, Self-Management and inner resources activation
- Mindfulness Speaker in international context for Leadership Meetings, Events, Kick-offs.
- Mindfulness and Meditation implementation into the day to day of busy teams and individuals through well designed and delivered “practical mindfulness days/ moments“ offsite (retreat-setting)/ onsite (working,office context)
- Charismatic and compassionate mindfulness interventions facilitator