

Project We Care! Balance Between Spiritual, Emotional, and Physical Health

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IAYSP-Switzerland organized an online meeting on the topic of « Finding balance – between spiritual, mental, emotional and physical health », with the help of 2 life coaches, Rafael Guignard and Deborah Cali. With concrete exercises and meaningful questions, Rafael used his experience as certified Life and Performance coach in order to help us find more balance in our life. Deborah Cali, as a mindset coach and mindfulness facilitator, focused more on the topic of stress and anxiety. In particular, she shared some tips how to manage them.



More than 60 people from all over the world could assist to the talks given by Rafael and Deborah.

At the end, both speakers responded to the questions asked by the audience. Through this activity organized by IAYSP-Switzerland, the participants received motivation to find a better balance, as well as some new tools to create good habits in their daily life.

Some feedbacks we received afterwards:

"grateful to have been invited to this event! Really could gain a lot through the content and have a lot to put into practice now!"

"I had already heard about most of the points presented today, and had as well practiced mindfulness in the past, but had stopped to do so the past few years. Participating in today's event made me want to "take my life in my hands" again and start again doing such exercises and practices on a daily basis."

"That was an educative webinar to our daily lives to find balance. I had started like 3 years ago practices and doing them without a Coach. I guess if I choose to be mentored by both young people I will find my other rest 20%. I am really empowered and going out for a jogging my every night mindset habit for about 1-2 hrs. Thank you to both speakers from me!"