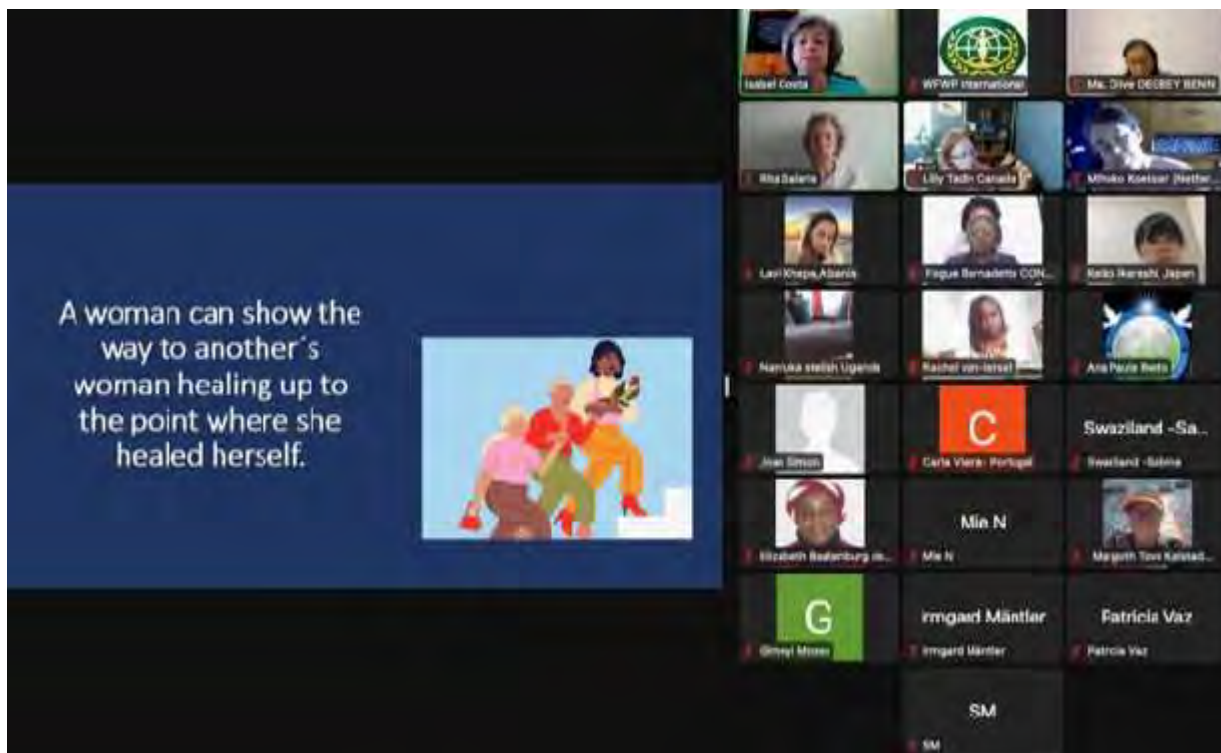


WFWPI course - Isabel Costa: Heart's intelligence and role in spiritual life

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"Heart's Intelligence and Role in Spiritual Life" is a unique educational course made possible through a collaboration between the Women's Federation for World Peace International (WFWPI) and Dr. Isabel Costa, a Happiness Consultant from Portugal. The course ran for 11 sessions from July 13 to November 30, 2022. With the COVID-19 pandemic, many women were seeking a place where they could have a peaceful time of healing and refreshment. The course was created to help participants overcome memories of personal trauma and pain and to provide them with the tools to improve the lives of their family, friends and colleagues. After completing the course, many participants stated that the course helped them live happier, healthier lives on all levels and create a better world wherever they went.



Dr. Isabel Costa is a Happiness Consultant at the individual level (through consultations), in groups (through online training) and at the organizational level. She graduated in naturopathy from Escola Superior de Biologia e Saúde (Portugal) and in hypnotherapy at International Association of Counselors and Therapists (IACT). Dr. Costa is the author of two books on healthy eating and co-organizer of the Multidisciplinary Congress (in partnership with ComMedida) on Healthy Eating, with one or two annual editions bringing together professionals from various areas of health and the country for six years. She is the creator and trainer of the Holistic Nutrition Course, teaching at the Institute of Traditional Medicine since 2014. She is also a postgraduate in "People's Management and Organizational Happiness" by Universidade Atlântica.

The course ran for 11 sessions with more than 100 participants, including women and several men from 55 countries. Each session began with an encouraging word from the instructor, followed by a lecture that explained the important course terminology used to understand and realize the workings of each emotion

in life, including the inner child, trauma and coherence of the mind and brain.



At the end of each session, the instructor would hold meditation sessions that were empowering and energizing. Meditation benefited the lives of many participants, including improved thinking, concentration and problem-solving skills, as well as the ability to adapt to and overcome mental problems. Also, as mental health strongly influences physical health, it helped several people to improve their sleep.

Many participants actively joined in all activities and left all sessions satisfied and happy. Here are several feedbacks received.



"Thank you so much for this course. It helps uplift my understanding of how to deal with emotion and many others. It's a privilege. Truly appreciate it!"

"Thank you. I've enjoyed the sessions and learned a lot about self-improvement."

"Thanks a lot for your endeavor in empowering women. I benefited from the instructor's advice and had a relaxing time. It was a special blessing for me and WFWP Cameroon."

WFWP IHQ plans to continue to host virtual educational courses in 2023.

****Women's Federation for World Peace International, as an international NGO, provides accessible education to people in need. WFWPI believes education is a very important factor in engaging and benefiting people everywhere. In 2022, WFWPI offered five versatile programs across a wide range of fields, including finance, digital art, NFT production, SNS marketing and healing therapy.**

