

# Nicoleta Pfeffer-Barbela, MSc

## Meditation & Mindfulness Speaker & Trainer

Nicoleta studied Economics and holds a Master Degree in Banks and Capital Markets, has an extensive experience in implementation of different development projects with focus on microfinance & social banking.

Several years ago she decided to change her career path. She followed her passion for meditation & mindfulness and founded citySTILLE - Mindfulness Center Vienna where blends her organizational background with meditative reflection on Leadership and more.

- Certified Meditation Teacher, with an early age interest in different meditation practices
- Went through the classical mindfulness courses: MBSR – Mindfulness Based Stress Reduction, MSC - Mindful Self-Compassion course. she is a ME - Mindful Eating Passionate and takes part as often as she can in Silent Retreats.
- She is part of different international and expat communities in Vienna for whom she holds Meditation and Mindfulness Talks in an Expat Context as well as creatively develops together with her cooperation-partners Mindfulness Interventions in Organizations with *Focus on Leadership*.
- Developed and successfully delivers the Individual RE-Balance Training Program for Leaders.
- Mindfulness Speaker for Events such as International Conferences, Leadership Meetings, Kick-offs
- Developing a Mindfulness Network in Vienna, citySTILLE is also part of European Mindfulness Network

