

# Nicoleta Pfeffer-Barbela, MSc



**Nicoleta Pfeffer-Barbela**

*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.

After an extensive experience in implementation of development projects with focus on microfinance & social banking in an organizational field, Nicoleta followed her passion and early interest for contemplative practices and created 2015 citySTILLE Mindfulness and Meditation Center with a deep interest in a lasting welfare, happiness and mindful, authentic connections between everyone sharing this city SPACE and more.

As a certified meditation instructor she focuses on mindfulness and has continuously deepen her learning and experiencing in this wide field. A scientific approach of each practice is very important to her for a successful and further wide implementation in individual, group, organizational or leadership levels. In her pursuit for ‚creating space, inspiring change‘ and increasing well-being, she uniquely combines her skills and experience as an inspiring speaker, trainer in individual or leadership context.

## 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