

WFWP Italy - Harmony Between Personal Wellbeing and Responsibilities With Deborah Cali

Elisabetta Nistri
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The webinar was opened by Elena Chirulli responsible for Youth WFWP Italy with a video of International WFWP President Julia Moon who explained about the many activities WFWP is doing all around the world.

Elisabetta Nistri, President of WFWP Italy, reported shortly about the recent activities in Italy and Europe and introduced the topic underlining the importance to find peace inside ourselves. "As Dr. Hak Ja Han Moon is showing with her example, the peace we are talking is an ACTIVE PEACE, that involve taking care and share peace with other too."

Deborah Cali, personal life coach, was the main speaker. She is passionate about helping women find a healthy balance in their daily routines so that they can achieve their goals without getting exhausted. She talked about the importance of self care and of avoiding excessive stress and burnout, and shared some tools and techniques to bring calm and serenity into our every day lives. Many guests sent their questions asking for advise on how to get out of some difficult situations and she answered sharing some of her own experiences and giving very practical examples.

With the quote: "The only person you're destined to become is the one you decide to be" (R.W.Emerson), Deborah encouraged the audience to bring themselves back at the centre of their lives and to make a conscious choice about their personal wellbeing.

www.youtube.com/watch?v=QT6BeXxBqLoandt=9s_deborahmindsetcoach.com/

Reported by Elisabetta Nistri
WFWP Italy President