



Maria Micha — Corporate Wellbeing, Transformational Workshops & Retreats

Transmute your pain into your personal power.



Maria Micha is the kind of expert organizations bring in when their people look like they are coping on the outside, but something deeper is asking to be addressed within.

They are functioning.

They are delivering.

They are showing up.

But beneath the surface, there may be stress, emotional fatigue, overthinking, burnout, disconnection, grief, or the quiet internal weight that affects how people lead, create, collaborate, and perform.

Maria's work begins there.

She brings together the science of psychology and the intuitive wisdom of shamanic practices to help individuals and organizations move out of survival mode into clarity, grounded confidence, emotional resilience, creative flow, and a meaningful connection to purpose.

Maria is a Psychotherapist, Clinical Mental Health Counselor, Hypnotherapist, and Shamanic Practitioner with nearly 30 years of experience. Trained in the United Kingdom and the United States, she brings rare



depth to the conversations that matter most in modern life and work: emotional wellbeing, leadership stress, burnout, executive loneliness, heartbreak, inner blocks, unconscious limitations, and patterns that quietly shape performance, decision-making, and relationships.

Maria's work is powerful because it does not end with understanding; she guides people into embodied transformation that is experienced in the mind, brain, soul, and spirit.

She helps people understand what they have been carrying.

She helps them recognize how it has been shaping the way they think, feel, relate, and lead.

She helps them understand what they are carrying, release it, and transmute that pain into their own personal power.

Because real change does not happen when people are simply given more information.

It happens when transformation is experienced on a cognitive, emotional, mental and physical level.

Maria is known for combining clinical knowledge with intuitive wisdom in a way that offers a holistic transformative experience. Her therapeutic approach addresses the whole of human experiences; the body, the brain, the mind, the soul and the spirit. Her work goes beyond surface-level motivation. She helps people comprehend what dysregulates their nervous system, the subconscious and emotional forces shaping their behavior. Maria helps people live and work with greater clarity, inner alignment, and confidence.

A distinctive part of Maria's work is her ability to teach how to manifest, move into flow, access creativity, and transformation in a way that is grounded in evidence-based psychological techniques, and neuroscience. Her approach to teaching manifestation and shifting thought patterns and emotional perspectives is informed by science and intuitive wisdom. Her therapeutic approaches enhance true creativity, decision-making, and powerful yet compassionate leadership.

At the heart of her work is a simple truth:

We thrive when we are not driven by fear.

We lead compassionately when we are no longer carrying the pain of the past.

We are creative expansive thinkers when we feel emotionally safe.

We enter a flow state in a mentally nurturing, collaborative environment.

We relate deeply when we feel inspired.

And we perform at our highest level when we find purpose in our future.



Maria's Offerings

Maria is available for:

- live corporate webinars
- bespoke workshops tailored to your organization's goals
- retreats transmuting the pain of the past into your personal power
- emotional wellbeing and inner balance experiences
- meditation sessions grounded in neuroscience and nervous system regulation
- burnout and stress management workshops
- workshops on grief, heartbreak, transition, and empowerment
- experiences focused on manifestation, creativity, flow state, and subconscious realignment
- leadership and compassionate self-awareness workshops
- bespoke private psychotherapy or coaching sessions

Each experience can be tailored to an organization's goals, whether the focus is wellbeing, resilience, leadership, emotional regulation, creativity, stronger communication, or navigating change in life.



Why Maria?

What makes Maria compelling is not only her qualifications, but her therapeutic range.

She brings the credibility of a clinically trained psychotherapist.

The depth of hypnotherapy and subconscious transformation.

The intuitive wisdom of spiritual and shamanic practices. 29 years of clinical experience and expertise.

And the perspective of someone who knows that internal wellbeing affects external performance.

Her work addresses the human experience holistically.

Not just the cognitive mind, but the subconscious, intuitive mind and the nervous system.

Not just performance, but the emotional wellbeing driving it.

Not just productivity, but the internal alignment of fearless inspiration, emotional safety, and seamless collaboration.

Maria has previously delivered talks and webinars for organizations including PayPal and Google APAC, and her work continues to evolve across clinical practice, writing, transformational education, workshops, webinars and media. She has also been featured in multiple publications including *The Business Times*.

She is the author of *Why Am I Here?*, a reflective book on our soul's purpose, life perspective, and the deeper meaning of human experience. She has also created a growing body of resources and offerings that support emotional healing, nervous system regulation, heartbreak recovery, and expansive personal transformation.

Her passion is helping people turn pain into their unique personal power.



Brand Ecosystem

Maria's wider body of work includes:

- corporate webinars, workshops, and retreats
- psychotherapy and hypnotherapy services
- bespoke private sessions
- transformational live experiences
- digital healing resources and mental health self-assessments
- guided meditations
- ritual-based tools for emotional release and renewal
- published writing, media, and public engagements

One of her current live offerings is a 3-hour transformational experience designed to help people to release pain and transmute it into their personal power.

Inspired by the same emotional arc as her signature webinar experiences, Maria's work invites people to see clearly what they have been unconsciously carrying, release what is no longer loving to them, reconnect with their inner wisdom, and begin creating what comes next from a place of empowerment rather than survival.

How to Work with Maria Micha

Maria Micha is here to support companies, private organizations, leadership communities, wellness platforms, conferences, retreats, podcasts, and media platforms seeking an expert who brings together clinical psychological experience, a powerful transformational blueprint, and intuitive wisdom.

Her work is for those who understand that strong yet compassionate leadership, emotional wellbeing, and mental safety create the foundation for long-lasting, sustainable success.

For further references:

[Maria's Facebook](#)

[Maria's Instagram](#)

[Maria's YouTube](#)

[Maria's TikTok](#)

[Maria's LinkedIn](#)