**WEBSITE CONTENT**

# **ABOUT US SECTION**

**ABOUT US 3: VILDA DESCRIBTION**

Say Hi to Vilda🌞 the founder and coach of the Academy of cognizance! 🌿She is a dedicated and creative person, that does believe that to grow professionally YOU must develop personally. Vilda is Neuro Linguistic-Programming Practitioner and always learning about individuals through an empathic and realistic approach! We are glad to have such a warm and direct person as the Academy of Cognizance face and voice!🙌

“Due to the different circumstances and experiences, I have faced during my life I realized that there is a lot of people who do not know about mindfulness or emotional intelligence. Feeling the need and ability to share the knowledge I have gathered throughout the years I have decided to develop a concept for Academy of Cognizance. I am putting all my focus, energy, and dedication to share the importance and benefits that mindfulness has to offer. 🧘‍♀️The main objective of what Academy of Cognizance has to offer is to build the fundament of practices and understanding that people can use in their future lives to improve their self-awareness, relationships and find a key for a successful way of approaching this reality.”👊

**`Use your dedication in order to keep the fire burning`**

**ABOUT US 4: ERIKA DESCRIBTION**

Say Hi to Erika🧘‍♀️ one of our most precious Team Members in the Academy of Cognizance community.🌿 She is a [creative](https://www.facebook.com/hashtag/creative?__eep__=6&__cft__%5b0%5d=AZXvegZoNqN70uiPVEI6x5mCihtVsEBF9u87o_erBRitukGv4IghWVJi0W2F8Ylku1Tf6yH9OypjnSuIoxCRHAxOTpMOGJFB5yMeBAh0HN-NJMI2fXu20iBeiQPJznAERarf6j5hiNnmFuaOSWRfLVbJiful2NWB7-RXofKnV0VzsQ&__tn__=*NK-R) individual who can see the solution instead of the problem. Erika dedicated her time and effort to the Academy of Cognizance from day 1. We are extremely lucky to have such a unique and open person that cares a lot and uses her Heart to create a way to help others!!🤲

“Being a hardworking and goal orientated I have personally experienced the psychological distress and burnouts in the working environment. Practicing #mindfulness helped me with reducing stress levels, improve my social-emotional resilience as well as enhance my job performance. 🎭I find a personal [responsibility](https://www.facebook.com/hashtag/responsibility?__eep__=6&__cft__%5b0%5d=AZXvegZoNqN70uiPVEI6x5mCihtVsEBF9u87o_erBRitukGv4IghWVJi0W2F8Ylku1Tf6yH9OypjnSuIoxCRHAxOTpMOGJFB5yMeBAh0HN-NJMI2fXu20iBeiQPJznAERarf6j5hiNnmFuaOSWRfLVbJiful2NWB7-RXofKnV0VzsQ&__tn__=*NK-R) to share the knowledge of mindfulness to help others heal and develop!”

**ABOUT US 5:** **NUNO DESCRIBTION**

Say Hi to Nuno 🏋️‍♀️the team member who brings structured frames to the Academy of Cognizance community! 🍃He is a [passionate](https://www.facebook.com/hashtag/passionate?__eep__=6&__cft__%5b0%5d=AZVeOslb9dSHn4Q1NlD5VLFzRar5nxCiQY6MK23AT5bqjUdysn2Ny4tPPRyHLCpIDyFjTaCZJr0rZpQhV4PMGVBGWzk8o6SjrCONlHXieSEug-dpCFMNwpvfbS71uopww1aR3Uqj5XYOTxhmoM9uqCtJzi3tq-JRah18Ix6z4J4lWw&__tn__=*NK-R) Human Rights supporter who aims for [equality](https://www.facebook.com/hashtag/equality?__eep__=6&__cft__%5b0%5d=AZVeOslb9dSHn4Q1NlD5VLFzRar5nxCiQY6MK23AT5bqjUdysn2Ny4tPPRyHLCpIDyFjTaCZJr0rZpQhV4PMGVBGWzk8o6SjrCONlHXieSEug-dpCFMNwpvfbS71uopww1aR3Uqj5XYOTxhmoM9uqCtJzi3tq-JRah18Ix6z4J4lWw&__tn__=*NK-R) and [balance](https://www.facebook.com/hashtag/balance?__eep__=6&__cft__%5b0%5d=AZVeOslb9dSHn4Q1NlD5VLFzRar5nxCiQY6MK23AT5bqjUdysn2Ny4tPPRyHLCpIDyFjTaCZJr0rZpQhV4PMGVBGWzk8o6SjrCONlHXieSEug-dpCFMNwpvfbS71uopww1aR3Uqj5XYOTxhmoM9uqCtJzi3tq-JRah18Ix6z4J4lWw&__tn__=*NK-R) in the world with a healthy way of thinking! We are grateful to have such a sharp-minded and [unique](https://www.facebook.com/hashtag/unique?__eep__=6&__cft__%5b0%5d=AZVeOslb9dSHn4Q1NlD5VLFzRar5nxCiQY6MK23AT5bqjUdysn2Ny4tPPRyHLCpIDyFjTaCZJr0rZpQhV4PMGVBGWzk8o6SjrCONlHXieSEug-dpCFMNwpvfbS71uopww1aR3Uqj5XYOTxhmoM9uqCtJzi3tq-JRah18Ix6z4J4lWw&__tn__=*NK-R) person that cares about Humanity💆

“Throughout my life, I have experienced moments of great stress in the different environments in which I had the opportunity to be, both professional and personal ❌. We must learn during these experiences to recognize and use different mindfulness practices and the language of Emotional Intelligence. ➡️This is what brings me to be part of the Academy of Cognizance, to believe that we have to work our minds so that we can live more joyfully. My responsibilities with the Academy of Cognizance are related to the management of internal processes, communication, and consultancy. Contribute with all my heart to this community.”🤍

**SERVICES SECTION**

**SERVICE 1: PERSONAL COACHING DESCRIBTION**

You often find yourself feeling lost, your mind is overwhelmed, stress is knocking you out of your shoes and you continuously worry about past or the future? Does that sound any familiar? Do not worry. **TAKE A DEEP BREATH.** You are not the first and most surely - not the only one! Let us help you bring effective and sustainable change in your personal life. Together, we can shape a successful future plan for your development and success!

**SERVICE 2: CORPORATE COACHING**

Visualize the life factors which are holding your back, and recognize how your approach to work translates into results. During our coaching sessions, you’ll take a full audit of your professional experience, and identify opportunities for healthy growth. Need a deeper understanding of how to turn self - improvement into business success?

Academy of Cognizance Team accordingly to your company’s needs, will create a training program that will focus on the aims and goals of the individual and company needs.

**SERVICE 3: WORKSHOP**

Our team believes that knowledge through practice is the most sufficient way, besides that sense of the community, self- realization, comfortable and joyful environment makes a huge difference. Are you looking for a self-development retreat or workshop week? Academy of Cognizance are working on different concepts accordingly to the need of our community.

**SERVICE 4: TEAMBUILDING**

Make your working environment fun and attractive!

Life is not only about working hard and pushing yourself until you do not have enough space to breathe.

Are you a leader or just a manager? Make sure that your team's spirit is full of creativity and desire to perform even more than before. Create some time and space for each one of the individuals to express and enjoy themselves.

Academy of Cognizance understood how important Teambuilding practice is in order to keep the fire burning.

Personalized, fun, and educative experience is ALREADY HERE FOR YOU AND YOUR TEAM! Provide yourself and your team with the best experiences and open environment.

**PROJECTS SECTION**

**PROJECT 1:** **STAIRWAY TO CONSCIOUSNESS**

Workshop course STAIRWAY TO CONSCIOUSNESS is being prepared and will be led by Academy of Cognizance team. The workshop concept is based on of NFE methodology and will implement workshops and routines specifically created and selected to match the participant profile, activate all their senses and find most fitting approaches in order to reach the best possible results. The trainer’s team has designed a program which is concerned with specific categories of participants, has a clear focus of defined purposes, is flexible in their methods and organization.

**PROJECT 2:** **UNDER THE SUN**

UNDER THE SUN retreat course was developed by Academy of Cognizance which has successfully started offering different trainings and workshops in 2020. Our concept goes beyond everyday routine and comfort. At UNDER THE SUN you will experience a unique, open and personal atmosphere, with space for each individual to discover themselves and their environment once again. We are here to help you finding peace and balance of mind, take a break from everyday routine and find a key how to approach your reality. For those who are already enjoying the path of mindfulness and for those who have never experienced it before. Joining UNDER THE SUN means enjoying the more simple things and experiencing the benefits that mindfulness has to offer. In the 4 days course we will be spending time together, exploring ourselves, learning about our surroundings or just listen to the birds or a crackling fire. UNDER THE SUN is not just a taking a break from everyday life, it’s about connecting with yourself, each other and nature.

**PROJECT 3: DISCORD COMMUNITY**

The main objective of this platform is to strengthen the bonds that bring us together in the community. We can better manage the means of communication in the appropriate places for that purpose in our community, making known all the news and offering a space where everyone feels at home with the necessary comfort to share with the community. 🌞Create a space for you to discover Mindfulness and Emotional Intelligence tools that you can use in personal and professional field.🐒 This platform is created for conversation, inspiration and motivation. Feel free to be part of this community!🫒

**LINK TO DISCORD ADDED HERE:**

**https://discord.com/invite/Gf8kqucQNw**

**INFO SECTION TO BE DISCUSSED:**

**Email,**

**Phone Nr**

**Location**