



Retha Els

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TRE Qualifications: TRE Practitioner Level I

Other Qualifications:

- MA (Clinical Psychology)
- MBA
- BPhil
- Certificate in Group Processes
- NLP Master Practitioner
- Meta Coach
- Equine Facilitated Therapy Level 1

Comments:

I am working as a change manager and coach in corporate business. I specialize in stress coaching mainly using The Work© of Byron Katie to deal with stressful thoughts and TRE. I also do equine facilitated coaching. My goal is to live life fearlessly standing in my own integrity.