

Mireia Mujika

Mireia is a Co-Active Coach who guides executives, professional athletes, and anyone else to unlock their full potential and live a more fulfilled life. She supports her clients to achieve a healthier lifestyle, change careers, reach work-life integration... Through her fascination for sports and fitness coaching, she is well aware of the empowerment humans experience when reaching an objective and how to sustain this empowerment through their lives. Mireia spent 12 years in Digital Product and Team Management where she discovered her passion for and success in coaching people.

Her topics of focus are:

Topics - Exercise | Nutrition | Leaving a fulfilling life
Framework - Co-Active Coaching

She is fascinated by the information our bodies offer us every day and how we can listen to it better in order to live a healthier and more fulfilled life.