

BIO

Nicoleta Porojanu

PSYCHOLOGIST | THERAPIST | TRAUMA SPECIALIST



Nicoleta is a Romanian-British Psychologist, Therapist and Trauma Specialist guiding happiness seekers that have survived trauma and pain through their journey of **self-discovery, healing and personal growth**.

Survivor of childhood trauma and TNBC, Nicoleta is interested in **authentic human connection, healing and personal development** and loves to help others *grow conscious awareness, heal their past, develop relationship attunement, and finally open to happiness*.

With her **Awakened** programmes, over the past two decades Nicoleta had the joy of helping countless happiness seekers **move from confusion, trauma and pain to genuine clarity, happiness and fulfilment in life**.

To heal relational trauma, in her work *Nicoleta creates a bridge between psychology and disciplines like anthropology, epigenetics, quantum physics, logotherapy, transpersonal psychology and eastern spirituality traditions*, which she found to be essential in understanding human suffering and healing.

These days Nicoleta is capturing all her personal, social and professional life experience in her **first book now in the writing**, and is working on her first digital course in personal development which is due to be released in 2023.

Nicoleta is the host of the **Open To Happiness** podcast broadcasted on Apple Podcasts, Spotify, Google Podcasts, Stitcher, iHeart Radio, Podcast Addict, Podchaser, etc.

Nicoleta is also the founder and chair of trustees at **The Significant You** mental health charity that provides mental health education and campaigns to raise awareness and promote individual and collective knowledge of mental health in England and Wales.