

## OUR TEAM



ASTRID MERKT

HOLISTIC PERFORMANCE PSYCHOLOGIST & BREATH SPECIALIST



Astrid Merkt is a highly experienced Holistic Performance Psychologist and Breath Specialist who helps high-achievers reach their peak performance even in high-pressure situations. Giving you the tools necessary, you learn to better navigate life's stressors with precision and calm. Her mission is to help humans be the "CEO" of their own life and thrive amidst adversity.

With 15 years of expertise in the mental health field, working in the past with both teens and athletes, Astrid goes beyond traditional counselling by integrating a holistic mind-body approach with breathwork into every session. She also furthered her education in mind-body modalities by becoming a meditation teacher, certified breath specialist, and a 700hr level yoga therapist and teacher that blends Ayurveda and TCM's 5 elements.

By working with your breath and mindset, she empowers individuals to take control of their health and well-being. She emphasises the importance of cognitive reframing, physical activity, habit formation, and positive self-narratives to combat anxiety, depression, sleep problems, imposter syndrome, and burnout.

Astrid has worked with leaders and teams across the globe to help them address the root causes of performance issues and distinguish them apart from mental health challenges. She brings trauma-informed approaches to her practice, supporting individuals' to pivot towards growth and success.

Astrid's unique psychodynamic approach using mind, body and energy works with you to go beyond your limitations while maintaining health and well-being.

She remains up-to-date with the latest research on neuroscience and behaviour to continually enhance her clients' progress.

Astrid Merkt- Session Fee: Dependant on treatment type  
Please contact reception for enquiries & to check booking availability.