



Noa Belling

Noa is an internationally published, bestselling author and psychotherapist with special focus on the mind-body relationship. Noa masterfully guides audiences to enhance body awareness as a valuable tool for so many things, such as stress management, cultivating mindfulness, increasing happiness, enhancing vitality, finding inner peace and boosting both confidence and creativity.

Her work elevates the value of body awareness in society to be better recognised for the powerful change agent that it can be.

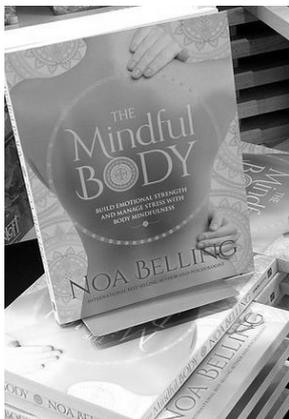
If you want to be empowered to positively influence how you or your employees feel no matter what you or they are going through, while optimising qualities like confidence, creativity, resilience and mental clarity, then Noa Belling is the person to turn to. Noa brings a refreshing presence, deep insight and experience from a mind-body perspective, and a wealth of practical tools to her presentations that can be tailored to different audiences and topics. Some topics that Noa has focused on in the private, educational and corporate sectors include wellness, mindfulness, happiness, stress management, resilience, embodied leadership and team building.

Noa as internationally acclaimed author

Noa is author of a number of internationally published books on mind-body wellbeing. Her journey started in 2001 with *The Yoga Handbook* that is an international bestseller translated into many languages. This was followed by a few more Yoga titles. More recently Noa has honed in on her passion for sharing practical wisdom influenced by her Masters degree and continuous professional experience and learning in the field of somatic or mind-body psychology. Noa has accumulated almost two decades of professional experience teaching, presenting and writing in this field.

Her latest titles include:

The Mindful Body: Build emotional strength and manage stress with body mindfulness



In 2018 her book *The Mindful Book* launched internationally through Rockpool Publishing and Penguin Random House South Africa. This is a book about building emotional strength and managing stress with body mindfulness. *The Mindful Body* met with much praise, including being featured on the “Editor’s pick: My top 10 favourite books of 2018 - All 4 Women” (www.all4women.co.za).

About *The Mindful Body*:

“The Mindful Body is an important contribution to society and to the somatic psychology field. It offers simple, accessible methods to draw on body awareness for potentially profound effect. Benefits include enhanced vitality, empowerment and joy as individuals and together.”

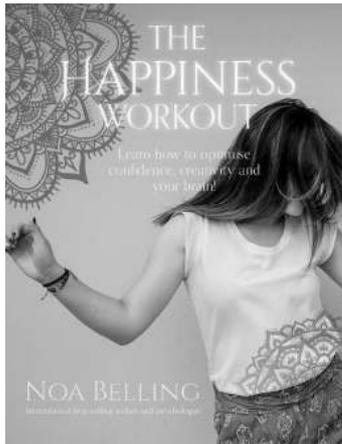
- Diane Poole Heller, PhD, *Somatic Attachment and Trauma Resolution*

expert

The Mindful Body offers a riveting, much needed, and clear-eyed look at the body mind connection in an empowering way. Popularly accessible, credible and breezily enjoyable. As a facilitator, Noa is impressive with sharing her vast knowledge with fascinating ease and interaction. Noa has not only thoroughly researched her book, The Mindful Body, she lives it and powerfully represents a Mindful Body.

- Rachael Rogan, Yoga teacher and mindfulness facilitator

The Happiness Workout: Learn to optimise confidence, creativity and your brain!



To raise our spirits in Noa's uniquely practical and inspiring way, especially after a really tough year of 2020, Noa is launching a new book internationally, called The Happiness Workout. This book is an opportunity to gain practical, accessible and deliberately uplifting strategies aimed at optimising confidence, creativity and your brain! Here is what Dr Arielle Schwartz, who has written a foreword for this book, has said about it:

"Noa Belling provides an essential guide to help you access nourishing emotions of happiness, joy, contentment, excitement, confidence, and pleasure. With practical tools based in neuroscience, this book offers an alternative to antidepressant medication, without any side effects!" - Dr. Arielle Schwartz, author of The Post Traumatic Growth Guidebook (Pesi Publishing, 2020).

Topics covered in a presentation or workshop format:

- Mindfulness made simple: for resilience, focus, clarity and relaxation
- Happiness: How to tap into your feel-good biochemistry and optimise confidence, creativity and your brain.
- Stress turnaround - how your body reacts to stress and how body awareness helps you to turn stress into greater vitality. Targets stress related feelings like anxiety, depression, irritability and more.
- Different personalities at work - a lively exploration of common personality styles, with opportunity to identify what fits you best. Also focus on how different kinds of people can engage better with each other for optimal teamwork and organisational success.
- Wellness toolkit from a mind-body perspective, including current research made simple and accessible practical tools.
- A toolkit for incorporating body awareness into the practice of psychology, counselling and coaching

What audience members and workshop participants say about Noa:

"Noa's presentation was absolutely brilliant. She had such an amazing powerful gentle presence on that stage. It was palpable. - Steve Durbach, artist-scientist

"Noa captivated our entire audience of almost 200 people with simple opportunities to perform our best through connecting our mind and bodies." - Jennifer Nathan, Westpac Australia

“Your open and down to earth communication style warmed the room from the moment you stepped on stage. I've had some really positive feedback and have also seen attendees sharing your tips with people back at the workplace!” - Archana Das, Westpac Australia

“Thank you for a very informative presentation. We have received 100% positive feedback from your presentation for our Australian Hypnotherapy Association group who attended.” Brian William Smith Dip of Mod Psychology, NLP MPrac. MH. PMAHA, (TFT) Thought Field Therapy, Australian Hypnotherapists' Association Qld Co-ordinator

“Thank you, Noa very much for making the time to come in and speak to all of us. It was a really interesting session with some great areas to think over. You delivered it in such an engaging way. I have spoken to a number of the team and they all thoroughly enjoyed it.” - Stephen Moir, Director of Moir Group

“Noa is a gifted practitioner. Having attended one of her courses and received great value I look forward to reading the book.” - Ron Hyams, leadership developer and systemic team coach

“Noa's Mind-Body Psychology courses are exceptional. She holds the space beautifully and transmits a wealth of information with warmth and clarity. All of us in the group discovered deep truths about ourselves and learned techniques that are joyfully transformational.” - Kathy Wolstenholme, founder Nia South Africa and Creator Neo-Juice!

“The mind-body psychology tools that Noa teaches surprise me with how simple yet powerful they are. They are amazing life skills for anyone. They have connected me with the wisdom of my body, allowing me to let go of my need to intellectualise emotional processes. This frees me from feeling scared of my body and my emotions. I am really grateful for this experience.” - Student at The South African College of Applied Psychology

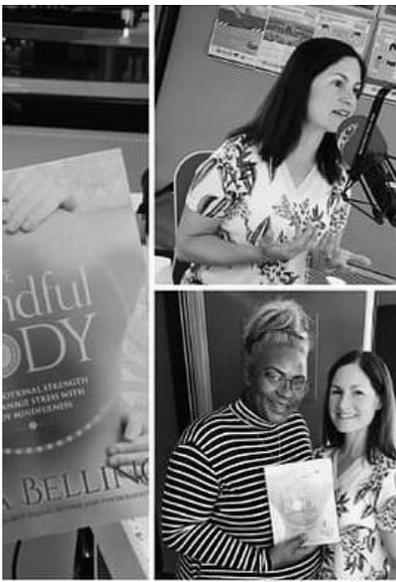
“Noa added so much integrity, authenticity and depth to my learning about the mind-body relationship. This helped me to deepen my self-awareness and gain so many useful tools for use with my counseling clients. I found Noa to be an inspirational and exceptional teacher and guide.” - Nidhi Chaitow - Psychosocial Counsellor, Therapeutic Drumming Therapist and Facilitator

When you need a current, leading edge approach to wellbeing, mental clarity and optimal performance, backed by research and with immediately beneficial results, call on Noa Belling. Her aim is to refresh, uplift and empower each individual so as to optimise our ability to contribute to our lives, communities, organisations and our world.

Some pictures of Noa in action

While looking at the first two photos, why not try out what is suggested to get a sense for yourself of Noa's work. First place your hands on your head and hold for a few easy breaths to notice how this feels - perhaps soothing and grounding. Then carry out a mental scan of your body from head to toe, noticing and taking a moment to ease up areas of tension and then take a nice deep breath into your body as a whole and notice how this feels - possibly energising in a subtle, vital kind of way. This is a taste of Noa's uniquely body-based, accessible and immediately effective approach.





Noa has also been interviewed on many radio stations and been featured in many podcasts throughout the world.

2 video clips (please click on youtube links below):

Noa Belling interview on Network 10, Australia. Change your posture, change your mind and mood.

<https://www.youtube.com/watch?v=qpgyxtGfCeg>

Happiness Hack for upliftment and emotional soothing

https://www.youtube.com/watch?v=q2L_0zfQHtA