

# Let's meet



Mihaela Plugarasu, MS

I am a trauma-informed & neuromindfulness certified coach. I work with women who are ready to go *from victim to victory* in 8 weeks.

[www.mihaelaplugarasu.com](http://www.mihaelaplugarasu.com)

# My Credentials

Compassionate Inquiry completed with Dr. Gabor Mate (300 hours)

Certified Neuromindfulness Master Coach (60 hours)  
Managing Director USA, NeuroMindfulness Institute

Certified Parenting Instructor (200 hours), Hand in Hand Parenting

Faculty Teaching Award; full-time college professor

Teacher & Founder, The Conscious Parent Accelerator Program

Coach & Founder, From Victim to Victory in 8 Weeks, for Women

Author, 4.7/5 stars on Amazon, Conscious Parenting of Your Toddler (2020)

Host & Facilitator , Women' s Circle, every month



[www.mihaelaplugarasu.com](http://www.mihaelaplugarasu.com)



# Why Work With Me

My clients speak for me. Read testimonials on my website and on my Instagram:

*<https://www.mihaelaplugarasu.com/testimonials/>*

I was in your situation. I know your pain.

I have the tools you need.

We work as partners. You are not broken.



## WOMEN'S ISSUES

**self-worth; money/ career; high conflict divorce/  
narcissism/ abuse; childhood trauma; body image;  
parenting/ co-parenting; relationships; back to  
Wholeness**



[www.mihaelaplugarasu.com](http://www.mihaelaplugarasu.com)

# Email me today



Mihaela Plugarasu, MS

[mihaelaplugarasu@gmail.com](mailto:mihaelaplugarasu@gmail.com)

[www.mihaelaplugarasu.com](http://www.mihaelaplugarasu.com)