

RENATA CORTÊS

MINDFULNESS BASED MENTAL & EMOTIONAL WELLBEING COACH

PRIVATE 1:1 IMMERSIONS | ONLINE GUIDANCE | EXECUTIVE MINDFULNESS

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A DECADE OF PERSONAL, ONE TO ONE WORK

For more than 10 years, I have designed and delivered personalised mindfulness support through intensive private retreats, online one to one sessions and workplace experiences. I work with people navigating stress, anxiety, burnout, emotional overwhelm, low mood and significant life transitions, helping them build self awareness and bring practical change into everyday life.

HOW I WORK

Self awareness is the starting point: noticing thoughts, emotions, bodily sensations and breath. From there, clients can begin to recognise triggers and habitual responses, understand what is happening internally, and create space to respond with greater clarity and intention. My approach is structured, practical and personalised, with reflective dialogue, guided mindfulness, meditation, embodied awareness and tools for integration between sessions.

THE WORK, IN PRACTICE

PRIVATE IN PERSON IMMERSIONS

Intensive, multi day one to one retreats in Portugal, with focused morning and afternoon sessions, mindfulness practices and personalised integration.

ONLINE ONE TO ONE GUIDANCE

Individual support delivered online across concentrated and multiweek formats, with tailored exercises, guided meditation and reflective tools.

EXECUTIVE MINDFULNESS

Mindfulness for founders, directors and senior professionals, focused on awareness under pressure, emotional patterns, attention and considered decisions.

AREAS OF FOCUS

Self awareness of thoughts, emotions and sensations • Stress and burnout • Emotional awareness and regulation • Mindful response rather than automatic reaction • Behavioural patterns and triggers • Resilience and life transitions • Attention and leadership under pressure

PROFESSIONAL EXPERIENCE

RENATA CORTÊS

Founder | Private Mindfulness & Mental Wellbeing Practice | September 2022 to present | Portugal and online

- Deliver personalised one to one support through intensive in person immersions and online sessions, shaped around each person's circumstances, priorities and goals.
- Guide clients in observing thoughts, emotions, bodily sensations and breath; recognising recurring patterns; and applying mindfulness tools in real situations between sessions.
- Design individual practice plans, guided meditation resources and reflective materials. Offer Executive Mindfulness for senior professionals working with responsibility, pressure and consequential decisions.

MINDFUL INTELLIGENCE ALGARVE

Founder | Mindfulness & Mental Wellness Coach | June 2015 to December 2023 | Faro, Portugal

- Built a mindfulness practice serving individuals, organisations and hospitality partners, delivering one to one sessions, group experiences, retreats and corporate workshops.
- Developed personalised mindfulness offerings and learning materials, and managed service design, partnerships, client relationships and delivery.

PROFESSIONAL EXPERIENCE, TRAINING & CLIENT FEEDBACK

SELECTED EXPERIENCE

EPIC SANA ALGARVE

Mindfulness & Mental Wellness Coach | Retreat Facilitator | January 2017 to January 2022

- Facilitated MBSR experiences, individual mindfulness sessions and retreats within a high end health and wellness hospitality setting, adapting practices to guests' needs and personal goals.

VILALARA LONGEVITY THALASSA & MEDICAL SPA

Mindfulness & Mental Wellness Coach | Retreat Facilitator | February 2015 to June 2019

- Designed and delivered mindfulness and MBSR experiences focused on stress management, emotional wellbeing, resilience and sustainable personal practice; developed supporting tools in Portuguese and English.

HOTEIS REAIS: SANTA EULÁLIA, BELLAVISTA & MARINA DE OLHÃO

Corporate Mindfulness & Executive Wellbeing | February to March 2018

- Designed and facilitated a tailored mindfulness experience for directors across three hotels, bringing practical tools for stress, emotional regulation, resilience and focus into demanding work contexts.

MOLINUM, A SOULFUL COUNTRY HOUSE

Co Founder | Hospitality, Retreats & Wellbeing Experiences | January 2016 to September 2020

- Co developed a countryside hospitality and retreat setting, creating and facilitating experiences integrating mindfulness, meditation, nature and embodied practices alongside guest relations and retreat operations.

EARLIER HEALTH AND MOVEMENT EXPERIENCE

PERSONAL TRAINING | PORTUGAL & BARCELONA

Personal Trainer | Adapted exercise and return to activity | December 2007 to September 2015

- Delivered individual exercise support, including adapted training for clients living with comorbidities such as hypertension and diabetes, and for people returning to exercise after physiotherapy or injury rehabilitation.

Earlier roles: Holmes Place Portugal and Barcelona, DiR Corporate Barcelona, Infante de Sagres Health Club and freelance practice.

SELECTED HOSPITALITY & RETREAT COLLABORATIONS

Vilalara | EPIC SANA | Pa.te.os | Molinum a Soulful Country House | Companhia das Culturas | Quinta da Pintassilga | Gundari, Greece | Innit Lombok, Indonesia | Zannier Băi San Hô, Vietnam

EDUCATION & PROFESSIONAL TRAINING

Bachelor's Degree in Exercise and Health	Faculdade de Motricidade Humana, Portugal 2007
MBSR Teacher Training / Course in MBSR, 90 hours	Instituto esMindfulness April 2016
MBSR Practicum, 50 hours	Instituto esMindfulness March 2015
Certificate of Pedagogical Competence, 90 hours	IEFP, Portugal January 2016
Mindful Schools K-12 Curriculum, 12 hours over 8 weeks	Mindful Schools, California March to April 2015
Yin Yoga Teacher Training, 50 hours	Arhanta Yoga Online Academy August 2019

Additional practice: two 10 day Vipassana silent retreats; Seminario Plenamente mindfulness seminar. Languages: Portuguese and English (professional use); Spanish (full professional proficiency).

SELECTED CLIENT FEEDBACK

Short excerpts from client feedback published on renatacortes.com. Dates are shown as published.

<i>"I have found myself less stressed overall and more aware of my thoughts and the world around me."</i>	<i>"This experience helped me become more present in both my personal and professional life."</i>	<i>"I learned simple tools I can actually use day to day."</i>
21 May 2022 Online home page	21 November 2024 Overcome immersion	15 January 2025 Six day immersion

PRACTICE SCOPE

My work is mindfulness based coaching and mental wellbeing support, focused on self awareness, stress management, emotional skills and practical integration. It complements appropriate clinical or crisis care and is not a substitute for clinical assessment or treatment.