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### **The balanced performativity as strategic focus in educational psychotherapy and coaching**

The presentation aims at presenting the idea of balanced performativity as a strategic tool and focus in educational psychotherapy and coaching.

By revitalizing the Aristotelian idea of the balanced life in working with anxiety and stress management among students, it is possible to initiate an existential learning process among some students, that allows for a more positive, mature and sustainable development of talents and potentials which may also be useful in their work life.

The objective of this session is to introduce knowledge of the idea of balanced performativity in the field of educational coaching and psychotherapy