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### TITLE: Pantomime & Psychotherapy

**Name:** Jean-Marie Bottequin

**Affiliation:** Visiting Lector University Ulm (Germany), Vienna (Austria)

**Country:** Germany

**Email ID:** jean-marie@bottequin.de

#### ABSTRACT

We have known for a long time that physical activity is essential for our health. We also know that targeted body expression for our psyche is essential for a healthy growth of our brain. MIME (also called pantomime) not only increases brain activity, but also helps to cope with traumatic emotional states.

We communicate 93% with body resonance and mirror our fellow human beings in non-verbal perception.

#### BIOGRAPHY

Jean-Marie A. Bottequin

International Expert and Trainer in Communication and Body Language • Career Coach • Life Work Success Profiler in Personality Development • Visiting University Professor • Advisor in Positive Transcultural Psychotherapy (WAPP) • Orientation Coach for Challenges in Intrapersonal Relations, Belgian, lives in Munich, Germany

**Presenter Name:** Jean-Marie A. Bottequin

**Mode of Presentation:**

**Contact number:** +49 172 9193804



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