

Emanuela Bianca Antohi

Intuitive Therapist & Emotional Support Guide

Dubai, UAE

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Profile

As an Intuitive Therapist and Emotional Support Guide, I create a safe, compassionate space where women and children can speak freely, release emotional tension, and reconnect with their inner calm. My approach — the Safe2Talk Method — is rooted in presence, deep listening, and intuitive guidance. Healing unfolds naturally through conversation, empathy, and awareness. I bridge psychology, spirituality, and somatic awareness, offering gentle support that honors both the human experience and the soul's wisdom.

Professional Experience

Cabin Crew – Emirates Airline | Dubai, UAE | 2020 – 2022

- Provided calm, empathetic support to diverse passengers in high-pressure environments.
- Developed strong interpersonal and communication skills, emotional intelligence, and the ability to hold space for others with care and professionalism.
- Cultivated sensitivity to different cultures, emotional states, and human needs — a foundation that now informs trauma-aware listening.

Intuitive Therapist & Emotional Support Guide – Safe2Talk Therapy | Dubai, UAE | 2022 – Present

- Offering 1:1 intuitive talk-therapy sessions focused on emotional release, deep listening, and inner-self integration.
- Supporting women through life transitions, shame healing, and self-worth restoration.
- Integrating presence, somatic awareness, and intuitive energy guidance within a safe, non-judgmental environment.
- Preparing volunteer collaboration with women's shelters to extend compassionate support to survivors of trauma and abuse.

Education & Training

Holistic Wellness & Energy Studies | 2022 – 2025

Ongoing training and immersion in emotional healing, trauma awareness, somatic practices, energy balance, and intuitive guidance through experiential study, mentorship, and self-practice.

Core Skills & Specializations

- Intuitive Talk Therapy & Deep Listening
- Emotional Regulation & Nervous System Support
- Somatic and Energetic Awareness
- Trauma-Informed Presence
- Women's Empowerment & Healing Shame
- Spiritual and Emotional Integration
- Compassionate Communication & Confidential Support

Languages

- English – Fluent
- Romanian – Native
- Dutch – Conversational

Mission Statement

I believe every person deserves to be heard in safety, kindness, and truth. Through presence, conversation, and compassion, I hold space for others to return to their fundamental self — where silence ends and healing begins.