

## The Essential Role of 360° Health for the Well-Being of Parents and Professionals in the Context of Autism

- Daniela Facchinetti

### **Abstract:**

This lecture will explore how the concept of 360° Health, based on the physical, emotional, financial, spiritual and social pillars, can transform the experience of parents and professionals working in the context of autism. The importance of self-care and integral balance will be addressed as essential tools to face the daily challenges of care, preventing overload and promoting quality of life. The lecture will also highlight how professionals can actively support parents, creating a more empathetic and collaborative support network.

### **About the Speaker:**

Daniela Facchinetti is a Clinical Psychologist and also has extensive experience in Human Resources, having worked in the field for over two decades. In addition, she is a Career Mentor and People Manager in the healthcare sector. She currently holds the position of Vice-President of ABRH-BA and is also a partner and CEO of Somar-se, a clinic focused on the care of neurodivergent children.

Throughout her career, Daniela has held leadership positions for over 20 years, demonstrating outstanding management and team development skills. She is dedicated to supporting individuals in their search for lasting psychological well-being, offering support to improve mental health and developing strategies to achieve her clients' personal and professional goals.

With a keen and dedicated eye, she is committed to offering support and guidance in both clinical care and consulting in corporate environments, aiming to promote the well-being and comprehensive health of her clients.

With a background in Cognitive Behavioral Therapy and certification as an Executive Coach by the Latin American Coach Society, Daniela also holds an MBA in People Management and a Postgraduate Degree in Health Management. She is constantly improving her academic skills, working towards her certification as a QASP-S.

