

NARRATIVE AND SUCCESS COACHING

For The Female Leader

Going beyond the surface of a personal brand



This Program Is For You If You're...

A leader, an entrepreneur, a business owner, a coach, a consultant, a writer, an artist, and you feel like...

- ▶ Your **RESULTS** and **IMPACT** aren't matching your **INTENTIONS**.
- ▶ You know you have what it takes, and **you don't wanna play small anymore**.
- ▶ You want to live out your **full potential**.
- ▶ Every-time you make a move you go through an **internal battle** *"Omg, did I do the right thing?!", "Did I sell myself short?!", "What if they think I think I'm all that?!"*

Why?

Most of us have what it takes to be really *really* good at what we do. We may have the right training, the right skills, the right abilities **yet, we still play small, why?!**

The hardest part about success isn't having the right techniques or the right knowledge. Instead, **it's your ability to convince yourself that you deserve to be heard and seen.** You deserve to be where you're standing at right now and where you want and could stand.

I find these struggles especially to be true for us female leaders and how easy it is for us to become our worst enemy by the kind of narratives and image we hold of ourselves on the inside.



Truth is..

When we start putting ourselves and our work out there, there's a sudden need to market and promote yourself, and with it, all those inner-critics and inner-gremlins surface as well... Voices that go something like *"Maybe I'm just a fraud"* and *"Am I good enough?!"*

I know this was true for myself and many of my clients. Since then, I've made it my mission to support you through those inner-dialogs and become your personal cheerleader.



What To Expect...

Understanding how we get in our way is a big part of success. And if you're gonna put yourself/work out there your gonna deal with the inner-critic (the I'm not good enough voice). This program is to teach the art of the inner-dialogue.

In this two day course, we'll get to talk about you, your strengths, fear and whatever else that's important to you! I'll create space for you. I'll listen to your needs, challenges, and together we will get you to where you want (and need) to be.

There will be fun with colors (you don't need to know how to draw!), lots of hugs, people who understand you, and a new way of seeing yourself and your story.

At the end of the program, you will leave with feeling like a weight has been lifted off of your shoulders, new found inner-peace, clearer intentions that will guide you, and a new friend.

Course Agenda

- ▶ Understand how you're getting in our way in our way-
and what to do about it!
- ▶ Rewind old narratives that are holding you back and
no longer working for you.
- ▶ Put a picture to what fear looks like to you,
understand it and overcome it.
- ▶ Explore and lean into your strengths.
- ▶ Redefine what success means to you.
- ▶ Identify your biggest personal inner-gremlin (we all
have one), discover a new way of managing it
- ▶ Hands on activities



Benefits

- ▶ Break-free from the inner-doubts.
- ▶ Become friends with your inner-self.
- ▶ Create space for more.
- ▶ Find inner-harmony by reconnecting the gaps between what the mind knows and what the heart knows.
- ▶ Get your unconsciousness on your side.
- ▶ Stand a little taller in your personal brand.
- ▶ Live a little fuller answer your calling.
- ▶ Find meaning in life/work.



Meet Your Coach

Hi! I'm Noorah.

And I'm dedicated to supporting those who want to make a difference in the world by helping them work through their inner-critic & go **BIG!**

My main aim is to help you become friends with your inner-self. Coz when that happens everything and I mean-**EVERYTHING**-falls into place.

Relationships, healing, you start making better decisions, you're align with your strengths and values, you're living your purpose, and you find meaning in life/work.

Coach | Personal Branding | Creative Healer

[My story | Podcast](#)



- ▶ 3 years experience as an Executive Manager/coach/art therapist, Riyadh, Saudi Arabia
- ▶ Two years ago, I started running my own coaching business
- ▶ Creator of Sometimes in Life The Podcast and educational courses
- ▶ 180+ clients
- ▶ For five years, I've worked with people all the way from Saudi Arabia, Dubai, Sweeten, USA and Japan
- ▶ Appeared on: MBC, Rotana Kaleejiya, Saudi Channel 2 and AlThaqafiyah
- ▶ Featured in: Cover of Destination Riyadh and Jeddah Magazine, KhaleejeSqe , Saudi Gazette, Women's Skills Bureau, and Saudi Gazet



Services

1. Group Training and Coaching
2. Private 1:1 Coaching
3. Speaking Engagements



Certifications



What People Say

"Coaching is not a new concept to me, but I never had a coach such as (Noorah). She creates this safe space where you feel seen and heard. It's a very vulnerable & real place to be in...I get so many "aha's" that it blows my mind and I have to write them down! ...I can definitely say that I'm in a much more conscious space and closer to my heart, and soul. Noorah gives from her heart, and it reaches out to ours."

"It's like talking to a friend but with results."

"She makes you dig deep into your soul and discover things about yourself you didn't know existed."

"Noorah, helped me figure out the the key solution I need to unlock my future."

"Noorah is thoughtful, curious, and caring. She asks great questions to help her clients find what's most meaningful for them. Her insight and knowledge in art therapy helps get beyond the superficial meaning of words to the deeper meaning of the heart. I highly recommend Noorah as a coach, art therapist, and personal branding specialist."

Corporate Clients



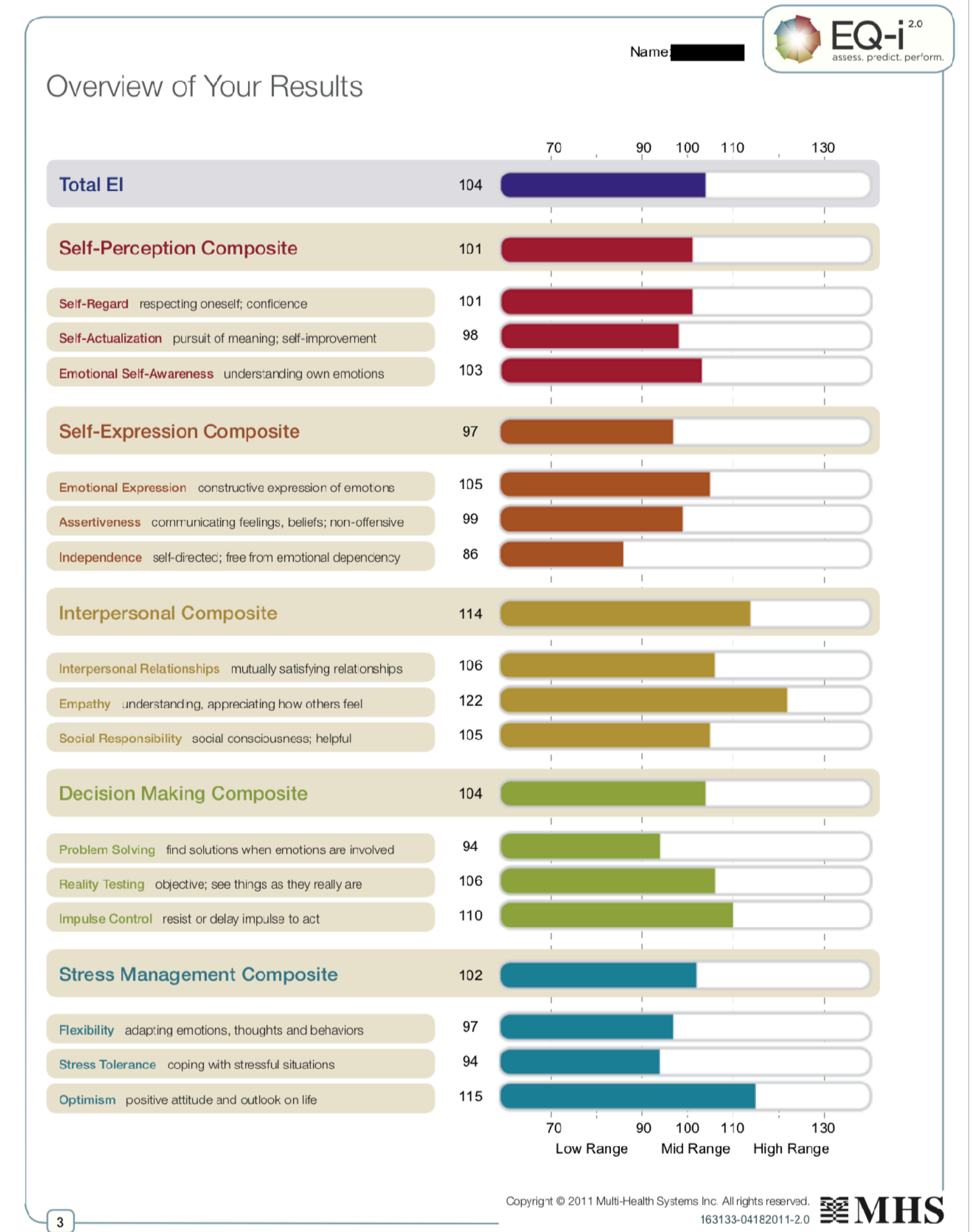
Program Investment

A 2 day training (4 hours each), with no more than 12 leaders.

Single payment before starting the program. Early-bird fees available and an option to add the Leadership Emotional Intelligence Assessment and **get a bonus private session with Noorah absolutely free!**

Exciting Development

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THANK YOU!

