



# Hanan Nagi, CIPDG, MA HRM

**Executive & Life Coach, Speaker**



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Hanan Nagi is a bilingual (Arabic & English) co-active **Executive and Life Coach, Trainer, Facilitator and Inspirational Speaker**. With **15 years experience** in the corporate world in various industries, Hanan, a holder of a **CIPD accredited Masters degree**, a post graduate degree in **HR**, and a bachelor degree in English Literature, she is now a Senior Strategy & Planning Manager in a leading holding company in Dubai and the **founder of Transform Coaching, UAE**.

In 2005, Hanan was recognized in person by as by **H.H Mohamed bin Rashid Al Maktoum**, ruler of Dubai, as a one of the nation's most **distinguished employees** when she won the **Dubai Government Excellence Award**.

So passionate about helping others to change their lives to the better and achieve their dreams, Hanan has developed a unique transformational model called **ATTRACT**, which has become so popular around the Middle East region for its distinctiveness and exceptional results.



Hanan Also **assists Organizations, Executives** and individuals to accelerate their productivity and performance on the professional level. She uses a unique business coaching approach called **"We are our Actions"**, a program specially developed for **high level Executives and Future Leaders**. She also provides tailored distinctive transformational training and development workshops.

Hanan is a regular guest in the media, recently appearing in Emirates Today Magazine, Xpress Newspaper, Time Out Dubai and as a guest on Dubai Eye radio station and other regional press.

About her coaching/speaking style, Hanan says "I coach/teach from experience; I have benefitted from coaching myself, changed my thoughts, overcame my limiting beliefs, transformed my own life and have become the person I have always wanted to be, so can you. All it takes is what I call the **ATTRACT** process, consisting of 4 steps: **A**wareness **T**echniques; **T**Ransform; **A**ction; and **C**ontinue **T**ransforming".

# Potential Engagements & Topics

## Engagements

- ✓ One to one **Executive Coaching** for leaders & High Flyers
- ✓ One to one **Life Coaching** for Individuals
- ✓ In- company tailored **Developmental Workshops** for **Middle & Senior Managers**
- ✓ In- company tailored **Soft Skills Training** Programs & Workshops
- ✓ **HR, Employees' Performance & Motivation Consultancy**
- ✓ **Public Speaking** in Seminars & Organizational Events as a Guest Speaker, Keynote Speaker or MC in various **HR & Self Development** related topics

## Topics

- ✓ **Personal Development & Motivation**
- ✓ Transformational **Self-Coaching**
- ✓ **Leadership** Development
- ✓ **Soft Skills Training & Development** i.e.: Communication Skills, Interpersonal Skills & Time Management..etc)
- ✓ **Career Planning & Development**
- ✓ **Human Resources, Organizational Development & Employees' Performance**

## Example Topics for Motivational Speaking

- ✓ **Succeeding is not enough!** How to achieve true fulfilling success.
- ✓ **The blessing of being a black sheep!** Fighting conformity.
- ✓ **Change your thoughts, change your life!** Transformational Plan to a better you.
- ✓ **The art of becoming your own best friend!** Because the only person you are living with forever is YOU!
- ✓ **I Love Going to Work Every Morning!** The truth behind what sounds like a myth.
- ✓ **Breaking out of Mediocrity.** Achieving More than you believe you can achieve
- ✓ **The 10 must-know secrets for happy living.** A success guide for today's women.
- ✓ **Things!** The reality behind owning things & owning nothing.
- ✓ **Relationships, why always complicated?**

## Example Topics for Developmental & Transformational Workshops

- ✓ **Who am I?** Identify your intentions and life purpose.
- ✓ **Changing Careers** - key points to consider before making a sea change.
- ✓ **Design Your Professional Development Plan.**
- ✓ **This is how your brain actually works!**
- ✓ **So you want to be a leader?!**
- ✓ **This is what is holding you back!**
- ✓ **How to achieve Harmonies Relationships with everyone!**

## Testimonials

After 37 years of no-where fast with occasion of sporadic successes I was introduced to life coaching by accident. In eight months Hanan radically shifted my life and mostly shifted how I viewed my life and my accountability. For four years now I am enjoying steady success and self-development, rocketing career, solid finance and genuine relations. Most important I learned about Inner-peace and congruency. Life coaching as a tool was so powerful that I decided to take it on myself. And with no surprises, I excelled in short time.

It was said that 'when the student is ready, the teacher appears' but I still hold great value to my coach, Hanan. My whole experience can be described as 'finding the light switch and flicking it'. - **Ahmed Adel, Director of Excellence, CDA**

I walked into my first session with Hanan feeling like my life was going nowhere and that I'd lost my joy in living a long time ago. I simply didn't understand why I kept on making the same mistakes over and over again and I'd started to think that I was going to spend the rest of my life feeling unhappy, frustrated and discontented. Hanan has given me the tools and insights to start understanding why I am the way I am and - most importantly -- how to create the positive changes that I wanted so much but didn't know how to make.

Hanan is a wonderful coach and mentor; she is thoughtful, perceptive and supportive and with her help I am beginning find my way again and re-discover just how much fun being me can be! **Andrew Burbidge - CIO**

Revealing yourself to a complete stranger is never a comfortable experience but Hanan's serene welcome immediately put me at ease. She never took 'I don't know' as an answer and kept probing until I came up with one. While trying at times, I came out a lot more confident about what I had previously thought of as my shortcomings and where I stood in life. By pushing me, Hanan helped me explore myself and brainstormed with me to come up with the solutions that would suit me. At the end of the session I was given a challenge that would confront my anxieties and steer me in the right direction of where my values were. - **Aya Lowe, Journalist, Xpress Newspaper Dubai**

Thanks to life coaching and Hanan I am able to walk through life obstacles with ease, and less fear for the unknown knowing I have the power within to turn any situation to my favor. I became more confident with myself and started looking at every aspect of my life, my identity, and my existence with a totally positive attitude. In fact that's how I got the attention of my fiancée as he kept wondering where from does this petite lady get all this strength and confidence from but now he knows the secret. - **Muna Al Tamimi, Marketing Specialist, mbc**

I needed some action. So I decided to just try one session with a life coach and followed the advice of another friend who recommended Hanan Nagi to me. Well, it started with one session and ended with the tenth. Unexpectedly I found it exactly what I needed at that time in my life. With a lot of engagement, variety and methods specialized for my case Hanan has helped me to transform myself. Now I believe absolutely that you need to get life coached whenever you feel stuck. Sometimes all what you need is a little push - and no book can give you that. Thanks a lot Hanan - **Selma Koehn, Marketing Manager - Germany.**

# Upcoming Public Speaking Engagements

## Q4 - 2009 Calendar

**Dubai**

**29<sup>th</sup> of August 2009**

Live at the **Dubai Law of Attraction Meeting Meet-up**

### **Finding the treasure buried within**

From Self Discovery to True Life Transformation

Visit <http://www.meetup.com/The-Law-of-Attraction-Meetup>

**Dubai**

**26<sup>th</sup> of September 2009**

Live at the **Unleash your DNA Seminar**

### **Finding the treasure buried within**

From Self Discovery to True Life Transformation

Visit [www.rawltd.com/](http://www.rawltd.com/)

**Dubai**

**Saturday the 10<sup>th</sup> of October 2009**

Live at **Global Entrepreneur Movement**

### **You & Your Money beliefs**

Media Rotana Hotel – Dubai

2 pm to 6 pm

Abu Dhabi

22 of October 2009

Live at the Abu Dhabi popular Career Exhibition, Najah

## **Changing Careers – Key Points to Consider before Making a Sea Change**

Is it you or your job that feels stale?

Key questions you need to answer before you make the leap

Implementing the life change

Visit [www.najahonline.com](http://www.najahonline.com)

Abu Dhabi

22 of October 2009

Live at the Abu Dhabi popular Career Exhibition, Najah.

## **Design Your Professional Development Plan**

Interactive Workshop

Stuck in a career rut? Yearning for a new role or a new challenge? Attend this interactive workshop to discover how to design a professional development plan that will take you to new heights or in a new direction

Visit [www.najahonline.com](http://www.najahonline.com)