

**DAREEN KOTOB**  
**EMOTIONAL FITNESS COACH**



**Professional Profile**

Dareen Kotob is an **emotional fitness coach** and **motivational speaker**. She coaches and inspires individuals to achieve meaningful and lasting change in their lives by building and developing healthy habits of mind. With a strong belief that individuals have the ability to bring about positive change in their own lives, Dareen aims to help people strengthen their mental and emotional fitness. Her clients include men and women of all ages and walks of life – any individual who seeks to work on positive habit development so that they may overcome challenges and unlock their true potential.

Dareen particularly excels at improving her clients' resilience and goal-setting skills in order to help them identify and focus on their personal priorities, handle various life challenges and promote positive change in their lives. Through coaching, Dareen aspires to hear her clients' stories, understand their perspectives and connect with their souls. Above all, she seeks to create a safe space for clients throughout their sessions.

In corporate or group settings, Dareen customizes development plans and performance measurement systems based on each group's specific needs, guiding and supporting them throughout the process. She also conducts effective team coaching and training in a variety of topics including organizational behavior, dialogue, diversity and inclusion, stress-management, and dealing with different generations within an organization.

Dareen finds additional joy in coaching the youth. Her latest charitable project, Bloom, is a self-development program tailored to the young athletes at The Champ Camp in Al-Baq'aa Refugee Camp in Jordan. This program is designed to motivate, train, and inspire the young athletes through a series of interactive workshops that aim to unlock their full potential.

Over the past year, Dareen conducted several motivational and inspirational talks including a **TEDx Talk**, "An Unforeseen Friendship with Cancer". Having personally overcome severe life challenges, Dareen is impassioned to raise awareness, hope, and positivity through her superb public speaking and communication skills.

Dareen graduated with honors in **Biomedical Sciences** from King's College London, after which she earned a master's degree in **Management** from Imperial College London. In 2019, she completed her training as a life coach from Adler Graduate Professional School in Toronto, Canada. A lifelong learner, she keeps up to date and continually seeks to enhance her knowledge with online courses and other activities. She is currently a member of the International Coach Federation.



## COACHING SPECIALITIES

While Dareen specializes in a wide range of areas, she is most often requested to coach and speak about the following topics:

- " Finding your passion
- " Resilience
- " Overcoming challenges
- " Goal-setting
- " Fear of uncertainty
- " Willpower
- " Power of words
- " Self-forgiveness and self-compassion
- " Confidence
- " Habit development

## COACHING MODE

- Face to face
- Virtual: Telephone, Zoom, FaceTime

## CERTIFICATION & CREDENTIALS

Professional Adler Trained Coach, *Adler Graduate Professional School*  
MSc Management, *Imperial College London*  
BSc Biomedical Science, *King's College London*

### Certificates

#### **Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential**

*McMaster University (2020)*

#### **Positive Psychology: Resilience Skills**

*University of Pennsylvania (2019)*

#### **Moving Towards Artful Coaching**

*Adler Graduate Professional School (2019)*

#### **Coaching Conversations in the Context of Work**

*Adler Graduate Professional School (2019)*

#### **Foundations of Professional Coaching**

*Adler Graduate Professional School (2019)*

### Memberships

**International Coach Federation (ICF)**

If you're interested in finding out more about **Dareen Kotob** and her work, visit her **website** [www.mirrorsofmind.com](http://www.mirrorsofmind.com)

