



<Infused with a burning passion for continuous growth, Dareen is an ambitious, determined, and soulful individual that basks gracefully in the smallest pleasures of life>

DAREEN KOTOB

As an **emotional fitness coach and motivational speaker**, **Dareen Kotob**, aspires to help individuals achieve meaningful and lasting change in their lives by building and developing healthy habits of mind. She strongly believes that each one of us has the power to bring about positive change, and all it takes is one secret ingredient. Dareen aims to help people strengthen their mental and emotional fitness and guide them through the journey of overcoming life's challenges. Her clients include people from all walks of life, from adults to teenagers, Dareen has a talent for helping people reach their full potential.

With the uncertainty that comes with living in a fast-paced world, Dareen can help calm the storm inside your mind. One of Dareen's strongest assets is her ability to improve her clients' resilience and goal-setting skills. Thus, helping them identify and focus on their personal priorities, handle various life challenges, and promote positive change in their lives. For her, coaching is much more than a job, because she believes in the importance of human connection. Dareen aims to create a safe space for her clients, where she hears their stories and connects with their souls.

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.

In addition to her work as an emotional fitness coach, Daren also has a deep passion for public speaking. Over the past year, she has conducted a number of motivational and inspirational talks, including **three TEDx Talks**, “**An Unforeseen Friendship with Cancer**” in English and “**Emotional fitness and overcoming obstacles**” and “**What is The First Step to Success?**” in Arabic. Having personally overcome severe life challenges, Daren is impassioned to raise awareness, hope, and positivity through her superb public speaking and communication skills.

Daren’s passion for emotional fitness and motivational speaking has driven her to start her own podcast, “**Mirrors of Mind**”, in which she talks about ways to become emotionally fit. Because of the variety of people who listen to Daren, she decided to have her podcast done in Arabic in order to cater for her Arabic-speaking clients.

Daren graduated with honours 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, and aspires to keep learning and growing as both a coach and a human being.

COACHING SPECIALITIES

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

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|----------------------------------|---------------------------------|
| Mindset: Growth and Fixed | Resilience |
| Overcoming challenges | Fear of Uncertainty |
| Willpower | Power of Words |
| Nurturing Confidence | Habit Development |
| Optimism | The Art of Starting Over |
| Managing Emotions | Motivation |

CERTIFICATION & CREDENTIALS

Credentials

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

Certificates

- **EQ Practitioner Certification** - *SixSeconds (2021)*
- **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)**