



Eman Raafat Osman

Parenting, Emotional & Wellbeing Coach & Therapist

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Summary

I am an Associate Certified Parenting, Emotional & Wellbeing Coach and therapist with 7 years of experience coaching more than 2500 clients for 2000+ hrs. of one-to-one and group coaching sessions. I am passionate about supporting families in crisis in building their resilience and enhancing their well-being to be able to take good care of themselves and their beloved. I also help ladies and young adults 20+ in raising their self-awareness, resolving their psychological challenges & developing the skills needed to live a rich, full and meaningful life, through scientifically proven approaches delivered with love, authenticity, empathy and respect.

Experience

❖ **Head of Coaching Services**

Children's Cancer Hospital Egypt (CCHE) – 57357

2017 till now

- 1- I delivered 1000+ coaching hours to more than 2500 caregivers in building resilience.
- 2- I help parents of children with cancer to regain their life balance, improve their relationship with their children and create a routine of self-care and self-love.
- 3- I led a team of 11 coaches to provide diverse coaching services.
- 4- I structure and plan my sessions to provide an atmosphere of empowerment, hope and optimism.
- 5- I collaborated with the team members to increase the retention rate of our clients from 0% to 60% through creative planning and problem-solving skills.

❖ **Self-employed Coach**

2016 till now

I designed & delivered more than 1000 hrs. of one-on-one and group coaching sessions to ladies, young adults & parents covering the following topics:

- 1- Stress Management
- 2- Anger Management
- 3- Self-Awareness
- 4- Building Psychological Resilience
- 5- Raising our Emotional Intelligence
- 6- Building Healthy Relations
- 7- Enhancing self-compassion & self-love.
- 8- Parenting with love

❖ **Project Manager**

Sawa for psychological consultancy & Training

Sept. 2020 – Sept. 2021

- 1- I handled all the project logistics from offering the proposal till presenting the final report.
- 2- I led a team of 12 Facilitators and therapists to ensure providing the needed support for kids, elderly & employees staying in welfare homes.
- 3- I collaborated with the team to offer mental health support to 15 welfare homes providing 140+ group sessions for 1000+ participants.

❖ **Financial Manager**

AlBadr Engineering & Medical Co.

October 2004 – Dec.2014

Education

- ✓ Bachelor's degree in **psychology**, Cairo University 2024
- ✓ Certified **Acceptance & Commitment Therapy** Practitioner (ACT). 2022
- ✓ 1-year-program in the **Fundamentals of Wellbeing for Children & Adolescents**.
2021
- ✓ Certified **Emotional intelligence** Coach, 2020
- ✓ 1-year-program learning community actions and arts methods. 2019
- ✓ ICF Certified **Parenting** Coach, 2019
- ✓ Associate Certified Coach (ACC), 2018
- ✓ Certified **Cognitive Behavioral Therapy** (CBT) Practitioner, 2018
- ✓ ICF Certified **Relationship** Coach, 2017
- ✓ ICF Certified **Professional** Coach, 2017
- ✓ Certified **Trainer**, HRD Academy, UK 2016
- ✓ Certified **NLP** Practitioner, INLPTA, USA 2016
- ✓ Diploma in **Counselling Psychotherapy**, Cairo University, 2016
- ✓ Bachelor's degree in **business administration**, Cairo University. 1996