



## **Sharara Al Ali**

**Business Trainer & Behavioral Coach**



**Pomegranate Institute** ©  
seeds of knowledge

Sharara has more than 14 years of versatile experience across diverse organizational domains, with significant exposure in customer service, learning, training, coaching, and office management. Her background in the customer service area gave her numerous valuable opportunities to work with a wide range of people with diverse cultures and backgrounds. She had a chance to deal with and handle various issues, requests and complaints on a daily basis. This equipped her with exceptional communication, problem solving, adaptability and organizational skills.

Having worked her way up to senior customer service manager, and throughout her position, she has been assigned the mission of training customers to use new programs, prepare training materials for new systems and operations platforms and deliver them to employees.

She always had a passion for coaching, learning, educating and training. Working with Pomegranate Institute, she is also actively enhancing her professional experience and academic knowledge. She is currently at her third and last year of a Master in Human Resources Management from University of Roehampton. Furthermore, she recently was awarded the titles of a Certified Master Life Coach, Relationship Coach and Master NLP Coach and Practitioner from Robert Simic Coaching Institute.

With more than eight hundred hours of group trainings and many personal coaching sessions, she had the skills, the experience and most importantly the strong desire and passion to keep on growing with confidence and excitement.

## Workshop Objectives

Women have been fighting through history for their rights in education, job opportunities and simply for enjoying free living and free choices. Modern women have gained lots of these rights, they made the transition from looking after their home on to managing their own business and affecting change.

In the past and now in larger numbers we find scientists, artists, lawyers, politicians, journalists, entrepreneurs, CEOs, doctors and many more. Our grandmothers are proud of where we are at today. Things keep getting better for us women until we have reached a point in our journey where we must stop looking back and decide if we have gone a bit too far .

### **The following topics will be discussed:**

- **Pride and ego** - when does it serve you and when it doesn't o Self-image: are you true to yourself?
- **The art of acceptance** - how to accept to be loved, respected, and treated like the woman you truly wish to be
- **Making peace with your vulnerability** and transforming it to a tool of strength
- **Dealing with expectations and disappointments** - when is enough, enough?
- **Unifying body & soul**
- **Living the fairy tale** love story - one house, one man
- **The integration of the two worlds** - modern and determined yet sensitive and vulnerable

