



Leila Rezaiguia

BA (Hons), MA HRM, MCIPD, ACC, ORSC

Leila is a dynamic Strategic Human Development Professional, a qualified Executive, Career and Relationship Systems Coach (ORSC) based in Dubai (UAE). With over eighteen years of international experience gained in Global Financial Services, Government, Oil & Gas, HR Consultancy, Executive Education, FMCG, Manufacturing, Power Plant, Healthcare, Transportation, Hospitality and Real Estate industries, she has coached, trained and mentored hundreds of professionals across the board from VP, EVPs to graduate levels in English, Arabic and French. Leila works in Algeria, Europe, Middle East and Asia both in public and private sectors.

Leila works closely with Organizations (Individuals and Diverse Teams), Top Business Schools, Schools and Sporting Teams focusing on Career and Talent Management, Building High Performance Individuals and Teams by helping them:

Develop their Mental Toughness to be more successful in life by focusing on their Wellbeing and being more resilient

Focus on understanding the power of their Mindsets and Thoughts

Raise their self awareness to take control of their life and emotions to ultimately achieve Peace and Happiness

Leila's journey with Mindfulness, Yoga and Meditation started when she felt she was struggling to find Peace in the frantic world called "Corporate life" where her body kept giving her signals that things were not working and when she didn't listen, her body simply let her down due to stress and constant pressure! She learnt quickly she needed to take care of her Body & Mind and has embarked since then onto practicing Hatha Yoga and Meditation and going to Yearly Hatha Yoga and Mindfulness Silent Meditation Intensive Retreats in Thailand where she learnt to discover the Magic of the Present Moment, reconnect with her body by practicing Mindfulness in her daily life and understand the principles of Mind & Body awareness.

As a Woman, Entrepreneur and Co-Founder & Managing Partner of Kompass, she has learnt that to be successful in life and work you need to be Mentally Tough, Mindful and be Fully Present to promote your genuine Joie de Vivre in life!

"The present moment is filled with joy and happiness. If you are attentive, you will see it." **Thich Nhat Hahn**

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