

# Maha Bou Zeid

Zahle-Ablah

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[LinkedIn profile](#)

## OBJECTIVE

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Motivated and dedicated professional with a Master's degree in Law and ongoing studies in Psychology, with a strong background in environmental awareness, youth training, and community engagement through extensive volunteering and fieldwork. Seeking to leverage my legal, environmental, and humanitarian experience in a dynamic role that promotes sustainable development, mental well-being, social justice, and meaningful impact.

## PROFESSIONAL EXPERIENCE & INTERNSHIPS

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### **2020-Present                      Trainer                      Lebanese Red Cross**

- Deliver training sessions under the Environmental Program.
- Deliver training under the Youth & Health Program.
- Organize interactive sessions about gender-based violence, psychosocial support (PSS), self-esteem and Humanitarian Values & Principles (HVP).
- Collect and analyze data to create reports about activities conducted along with its documentation and adapt communication strategies to effectively connect with beneficiaries.

### **January -April 2025                      Data Officer                      Lebanon Reforestation initiative (LRI)**

- Engaged with local authorities through meetings to present project details and ensure alignment with community need.
- Identified and recruited workers for project sites through targeted outreach efforts.
- Tracked recruitment data and provided regular progress reports to the project team.

### **July 2024 – December 2024                      Youth Conservation Corps Program                      Lebanon Reforestation Initiative**

- Engaged in a six-month program offering extensive training in conservation, forest management, reforestation, fire prevention and response, trail management, rangeland management, mapping, and agroforestry.
- Completed both theoretical training and outdoor practical implementations to develop applied skills in environmental management.
- Participated in career development sessions, soft skills workshops, and personal growth activities to enhance professional readiness and interpersonal effectiveness

### **2022-2024                      Manager                      Book Addicts by Rita**

- Managed all the finances and supplies that the bookshop needs.
- Buy and Sell all kinds of books.
- Organized activities and events of all kind that we host in the bookshop.

### **2016-2024                      Tutor                      Private lessons**

- Provided moral and psychological support to create a comfortable and resilient learning environment for children.
- Prepared and delivered engaging lessons and class assignments.

- Worked with students to enhance academic skills, with a focus on supporting those facing difficulties.

## **VOLUNTEERING EXPERIENCE**

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- Volunteer at Lebanese Red Cross-Youth department 2017-present
- Trainer at the Lebanese Red Cross 2020-present
- Outreach in many projects at the Lebanese Red Cross and Lebanon Reforestation Initiative (LRI)
- Volunteer at Faker Bi2iyan with Michel Daher Foundation 2020-2023

## **WORKSHOPS & SEMINARS**

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- Certificate of Completion of the Project Management Program-INJAZ-2025
- Certificate of Completion of the Youth wellbeing& innovation Program-INJAZ-2025
- Certificate of Completion the Sustainability and Green Entrepreneurship Program-INJAZ-2025
- Professional Certification in Local Guiding - Antonine University - 2024
- Associate Diploma in Personal and Professional development - LAU/ACE -2024.
- Certificate in Entrepreneurship and Innovation - LAU/ACE -2024.
- Environmental Trainings with the Lebanese Red Cross -2023.
- Completion for the psychological first aid training at Lebanese Red Cross -2024
- The management of a project with digital tools awarded by Google - 2023.
- Psychosocial support training with the Lebanese Red Cross - 2022
- General Trainer Course (GTC) and ATC training with the Lebanese Red Cross - 2022.
- Finding Purpose in Times of Crisis Webinar / Organized by Centre MINE - 2020.
- Certificate of Attendance The inter-university program of international criminal law and procedure -2020.
- Training for Citizen- Civic Participation- Human Rights/ Association Nabad for Development -2019.
- Training for Peer Educator-Child Protection/ HIMAYA/ UNICEF - 2018

## **EDUCATION**

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<b>2024</b>	<b>Youth Conservation Corps</b>	<b>US Forest Service-Ehmej</b>
<b>2018-2024</b>	<b>Law Masters</b>	<b>Lebanese University-Zahle</b>
<b>2018</b>	<b>Baccalaureate Life Science</b>	<b>Sainte Famille-Rayak</b>

## **LANGUAGES**

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Arabic (Native) | English (very good) | French (very good)

## **TECHNICAL & SOFT SKILLS**

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- Microsoft Office (Excel, Word, PowerPoint)
- Leadership - Management.
- Critical & Design Thinking.
- Communication-Flexibility
- Teamwork - Active Listening.
- Digital skills
- Organizational and time management skills