

# Lara Bouery

Business Management, Beirut, Lebanon

CPD Certified Trainer and ICF Life Coach

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## My Story

Some people stumble upon their calling. Others build it, brick by brick, with passion and purpose. I belong to the second type. My journey into training and coaching wasn't a straight line—it was a series of moments. The kind that shake you, wake you up, and demand change. The kind that make you look in the mirror and say, *"This isn't it. There's more. I can be more."*

From the boardrooms of business management to the world of digital strategy, I saw one thing in common: people, no matter how accomplished, were stuck. Stuck in self-doubt. Stuck in overthinking. Stuck in a cycle of "almost." So, I did what any relentless soul would do—I turned my own growth into a mission. Today, I am more than a trainer and coach. I am a change maker, helping individuals and teams break barriers, rewrite their stories, and lead with clarity and confidence.

As a **certified life coach and corporate trainer**, I have trained and coached more than **1,800 individuals and professionals across the MENA region**, empowering them with the skills, mindset, and strategies needed to thrive.

## Sample of clients

- ✓ Al Sahab – KSA
- ✓ National Center for Government Resources System – KSA
- ✓ Araamis – KSA
- ✓ First Quantum Minerals LTD
- ✓ DAA – International
- ✓ Al Neama Holding Group – Doha, Qatar
- ✓ University of Technology - Bahrain
- ✓ Toulon Medical Company – Abu Dhabi
- ✓ Dan Company – KSA
- ✓ Maylaa International Trading LLC - UAE
- ✓ National Guard of Health Affairs - KSA
- ✓ United Carton Industries Company – Jeddah
- ✓ Nestle Nespresso – Jeddah
- ✓ The Traveling Panther – KSA
- ✓ ABB – KSA
- ✓ Tenas Factory – KSA
- ✓ Bahrain International Circuit (BIC)
- ✓ Schneider Electric – KSA
- ✓ Araamis - KSA
- ✓ Ithra by Aramco – Dammam
- ✓ Potel et Chabot – Qatar
- ✓ Dragon Petroleum – United Kingdom
- ✓ SAMREF Saudi Aramco Mobil Refinery Company Ltd.
- ✓ Tharwah – KSA
- ✓ National Bank of Fujairah – UAE

- ✓ Taibah Investment – Riyadh – KSA
- ✓ Ministry of Tourism – KSA
- ✓ Royal Commission for Jubail & Yanbu
- ✓ Emdad Al Khebrat – KSA
- ✓ Shangri-la – KSA
- ✓ Durr Hospitality – KSA
- ✓ Mindnavy – Lebanon
- ✓ Savola – KSA
- ✓ Leap 2 Success – UAE & KSA
- ✓ Blooming – KSA
- ✓ Intercontinental Hotel – KSA
- ✓ Mindnavy – Lebanon
- ✓ MercyCorps – Lebanon
- ✓ Oxfam – Lebanon
- ✓ Al Majmoa – Lebanon
- ✓ Arc en Ciel – Lebanon
- ✓ Crazy Farm - Lebanon
- ✓ Crown Plaza – KSA
- ✓ Intercontinental – KSA
- ✓ HTMI – KSA
- ✓ Bankers - Lebanon

### Qualification & Certifications

- ✓ Bachelor in Business Management, AUL, Lebanon
- ✓ Bachelor in Psychology, Lebanese University, Lebanon
- ✓ Certified Trainer – The CPD Certification Service - UK
- ✓ Certified life coach, ICF

### Topics Delivered

#### Sales & Marketing

- ✓ Negotiation Skills – Learn How to Negotiate Like A Professional
- ✓ Sales Strategies for online and Offline

#### Soft Skills

- ✓ Mastering Interpersonal Skills for Professional Success
- ✓ The Art of Effective Communication in the Workplace
- ✓ Design Thinking & Innovation
- ✓ Public Speaking and Presentation Skills
- ✓ Personal Effectiveness
- ✓ Time Management and Productivity
- ✓ Problem-Solving and Decision-Making
- ✓ Emotional Intelligence in the Workplace
- ✓ Strategic Thinking
- ✓ Coaching Skills for Managers
- ✓ Train the Trainer
- ✓ Storytelling
- ✓ Positive Thinking and Resilience in Professional Life
- ✓ Effective Presentation Skills for Business Professionals
- ✓ Adapting to Change
- ✓ Communication skills

## **Management & Leadership**

- ✓ Developing Management Skills
- ✓ Leadership Excellence
- ✓ Leadership for HER – She Leads (Women Empowerment)
- ✓ Creative Problem Solving & Decision-Making
- ✓ Team Building & Collaboration
- ✓ Strategic Thinking & Planning
- ✓ Business Management

## **Other**

- ✓ Excellence in Customer Service
- ✓ Building Effective Customer Relationships
- ✓ Digital Marketing and Social Media Management (CPD certified)
- ✓ E-mail Writing
- ✓ Events Management
- ✓ Business Ethics and Values