

Farah Teryaki

Skills & Business Coach

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SUMMARY

Results-driven Career Coach with 10 years of experience guiding individuals towards their professional objectives. Proven track record of delivering personalized coaching, training programs, and assessments that drive career and skills success. With over 2,500 hours of coaching experience, a network of 600+ small and medium-sized enterprises (SMEs), and extensive partnerships with 15 NGOs, I have developed a unique expertise in navigating complex career challenges and empowering individuals to achieve both their goals and skills enhancement.

EXPERIENCE

Mental Health and Workplace Wellness Trainer Advocates Beyond Borders (Fayad Law Firm)

2025-present

- Performing mental health and wellness training for 35 employees from different nationalities (Mexican, Egyptian, American and Lebanese), focusing on stress management, emotional resilience, Conflict resolution and workplace support.
- Delivering a comprehensive 10-week training program, with sessions held twice a week, each lasting 2 hours.
- Developing and customizing training materials to address the unique needs of the organization and its staff.
- Facilitating interactive workshops to promote open discussions about mental health and reduce workplace stigma and conflict.
- Providing practical tools and resources to help employees manage mental health challenges effectively.
- Collaborating with organizational leadership to integrate mental health and peace building initiatives into the overall workplace wellness strategy.

Job Coach Rene Moawad Foundation

2025-present

- Coordinating the overall PEIL project operations in the Saida-Jezzine department, overseeing a team of 2 field coordinators and ensuring the delivery of high-quality services to over 400 participants.
- Executing comprehensive assessments for more than 400 beneficiaries to evaluate their skills, qualifications, and career goals, facilitating effective job matching and placement, and contributing to a department-wide placement rate.
- Collaborating with 30 local employers and organizations to create job placement opportunities, successfully establishing partnerships that will benefit both job seekers and businesses.
- Monitoring the progress of 400+ participants throughout the self-employment process, providing ongoing encouragement, feedback, and resources.
- Implementing a robust data tracking and reporting system to monitor participant progress and program outcomes, enabling the Saida-Jezzine department to analyze trends, identify areas for improvement, and optimize service delivery.

Employability Trainer The Nawayya Network

2023-2024

- Trained over 100 participants in essential employability skills through 15 targeted workshops and 50+ one-on-one coaching sessions, enhancing their job readiness.
- Developed and tailored individualized training programs for 75 participants, adapting content to meet specific needs and career goals, resulting in a 40% increase in job interview rates.

- Led 10 interactive workshops on resume writing, job search strategies, interviewing techniques, conflict resolution, emotional intelligence and professional networking, with an overall participant satisfaction rate of 95%.
- Collaborated with participants to set and achieve realistic career goals, leading to a 60% success rate in securing job placements within three months of training.
- Carried out thorough assessments and evaluations for 100+ participants, tracking progress and measuring the training program's effectiveness, with a documented increase in participant confidence levels by 30%.
- Offered bi-monthly reports on the impact of training sessions, showcasing 25 success stories and identifying 10 key areas for program improvement to enhance future training.
- Received an average rating of 4.8 out of 5 from participants on feedback surveys, indicating high satisfaction with the practicality and relevance of the employability skills training.

Business Trainer Anera Lebanon

2023-2024

- Developed and delivered over 20 comprehensive business training programs, focusing on essential skills such as leadership, project management, and financial literacy for diverse audiences, resulting in a 75% improvement in participant performance metrics.
- Customized training materials and curricula to meet the specific needs of various organizations, enhancing their operational efficiency and employee engagement by 30%.
- Facilitated interactive workshops and seminars that emphasized practical applications of business concepts, leading to a 90% satisfaction rate among participants, as reported in post-training evaluations.
- Conducted follow-up assessments to measure the impact of training sessions, resulting in a documented increase in employee productivity by 25% within three months post-training.
- Collaborated with 5 cross-functional teams, comprising 50+ stakeholders, to identify training needs and deliver targeted solutions, resulting in a 30% increase in team cohesion, a 25% improvement in collaboration, and a 90% satisfaction rate among team members, ultimately enhancing overall workplace productivity by 20%.

Business Trainer Basmeh and Zeitooneh

2023-2024

- Delivered business coaching and mentorship to 54 small businesses, enhancing operational efficiency and profitability.
- Designed and implemented tailored strategies for business improvement, resulting in 20% increase in operational effectiveness.
- Fostered 18 training sessions on key business concepts and practices, enhancing the entrepreneurial skills of participants by 50%.
- Facilitated networking opportunities among 54 small businesses, fostering a collaborative and supportive business community.
- Assisted 54 businesses in crafting and executing effective business plans, marketing strategies, and financial management systems.
- Supported clients in expanding product offerings and accessing new markets, leading to 30% revenue growth.
- Received positive feedback and testimonials from 15 business owners, recognizing contributions to their success and sustainability.
- Contributed to the economic empowerment and resilience of Palestinian communities through dedicated entrepreneurship support.

- Delivered engaging online conflict resolution sessions to 50 Syrian women from diverse regions and cultural backgrounds across Syria, emphasizing the importance of peacebuilding and social cohesion.
- Utilized interactive methods, including real-life scenarios and role-playing exercises, to enhance participants' practical skills in conflict prevention, resolution, and promoting peaceful coexistence within their communities.
- Facilitated discussions that addressed cultural sensitivities and differences, fostering mutual respect and understanding as foundational elements for sustainable peacebuilding.
- Achieved an overall success rate of 70%, with participants demonstrating improved conflict management capabilities and a stronger commitment to fostering harmony and stability in their societies.
- Created a safe virtual environment that encouraged open dialogue, empowerment, and the development of community-driven peace initiatives led by women as key agents of change.

**Business Coach
Shift Innovation Hub**

2021-2023

- Implemented targeted coaching and mentorship to over 45 small and medium-sized enterprises (SMEs), leading to an average 30% increase in operational efficiency across participant businesses.
- Designed and delivered customized training programs that equipped SMEs with vital skills in areas such as marketing, financial management, and strategic planning, resulting in a 40% improvement in business performance metrics.
- Facilitated hands-on workshops that focused on practical application, enabling SMEs to implement new business strategies that contributed to an overall 25% growth in revenue for participating companies.
- Established a comprehensive mentorship framework that connected SMEs with industry experts, fostering collaborations that led to 15 new business partnerships and expanded market opportunities.
- Applied regular performance assessments and follow-up sessions, which helped SMEs identify areas for improvement and achieve a collective increase of 50% in customer satisfaction scores within six months of training.
- Received consistent positive feedback from SMEs, with over 90% of participants reporting enhanced business acumen and readiness to tackle market challenges after completing the training programs.

**Skills & Career Coach
Salem Group**

2016-2021

- Collaborated with multiple NGOs, including Sawa for Development and Aid, SIF, WPA, right to Play, and NABAA NGO, to design and deliver customized training and coaching programs, enhancing organizational capacity and staff development.
- Gave skills development and career coaching to over 100 individuals across these NGOs, resulting in a 90% reported increase in confidence and job readiness among participants.
- Improved and implemented tailored training programs addressing the unique needs and challenges of each NGO, leading to a 25% improvement in team performance and productivity.
- Worked closely with 15 NGO leaders and management teams to identify areas for skills development and organizational improvement, informing the development of targeted capacity-building initiatives.
- Coached individuals in setting and achieving career goals, with 80% of participants reporting significant progress towards their professional objectives within 6 months of training.
- Received consistently positive feedback from participants and NGO leaders on the impact and effectiveness of the training and coaching sessions, with a 95% satisfaction rate among participants.
- Contributed to the overall capacity-building and sustainability of partner NGOs through skills development initiatives, enhancing their ability to deliver programs and services effectively, and resulting in a 30% increase in donor engagement and funding.

Education

Humanitarian Leadership Diploma	2024
American University of Beirut	
Bachelor of Science in Marketing	2013
American University of Science and Technology	

License and Certifications

IBM & AI Academy	2025
<ul style="list-style-type: none">INTRODUCTION TO GENERATIVE AI THROUGH EXECs AND BUSINESS LEADERSGEN-AI FOR EXECs AND BUSINESS LEADERS: FORMULATE YOUR USE CASEGEN-AI FOR EXECs AND BUSINESS LEADERS: INTEGRATION STRATEGY	
ILO-ITC	
CERTIFICATION PROGRAMME FOR RESILIENT BUSINESS TRAINERS	2025
UNICEF	
PSEA & FRAUD	2024
Mentor and Guide (ICC)	
Career and Executive Coach	2023
House of Peace	
Conflict Sensitivity	2023

TV Shows

Tele Lumiere, Tele Liban, LBCI	2024-2025
Guest Speaker	
<ul style="list-style-type: none">Featured as a guest on Tele Lumiere and Tele Liban 4 times, sharing insights on conflict resolution, cv crafting, interview readiness and public speaking, reaching a wide audience and enhancing public visibility on key issues related to skills and career coaching.	

Skills

Soft Skills	Technical Skills
<ul style="list-style-type: none">CommunicationLeadershipProblem-SolvingAdaptabilityCoaching and MentoringCollaborationPublic Speaking	<ul style="list-style-type: none">Training and Coaching DesignCapacity BuildingConflict ResolutionCareer DevelopmentCommunication StrategiesTraining Program ManagementPeacebuilding TrainingsStakeholder Engagement