



# Yasmina Hedhli

Facilitator \* Speaker  
Coach \* Therapist

## ABOUT ME

I'm a Speaker, Trainer, Rapid Transformational Therapist and Confidence Coach. Much of my work falls under gender and BAME/BIPOC diversity initiatives where I speak and teach on topics including imposter syndrome, cultural competence, wellbeing and inclusion. I've worked with companies in the UK, Europe, Africa, North America and the Asia Pacific region; delivering training to attendees in over 25 countries within sectors including beauty, tech, healthcare and education.

I also support individuals to get to the next stage of their life and/or career by providing space for clarity, self exploration, accountability and healing. I work with women and people in underrepresented groups. My previous career was in education and charity leadership.

## SPEAKING TOPICS INCLUDE:

- \* Understanding microaggressions
- \* The journey from bystander to ally
- \* Saying "no" to imposter syndrome
- \* Challenging bias in yourself and others
- \* Creating a self-care plan

## SERVICES

Workshops

1-2-1 and small group coaching

Focus groups

Rapid Transformational Therapy

DISC personality profiling

Meditation / wellbeing sessions

## CLIENTS INCLUDE:



eventbrite

ZOGENIX



RAPID TRANSFORMATIONAL THERAPY RTT



Michael Page



Optimus COACH ACADEMY



*"We recently used Yasmina to facilitate some senior female leader groups around imposter syndrome and to help build confidence. Yasmina has a very personable and calm style which people naturally warm to. She easily puts people at ease. She is flexible in her approach too. I do not hesitate in recommending her."*

~ HR & Talent Director