



# Yasmina Hedhli

Facilitator \* Speaker  
Coach \* Therapist

## ABOUT ME

I'm a Speaker, Facilitator, Rapid Transformational Therapist and Confidence Coach. I speak and teach on a wide variety of 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 historically marginalised 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



*"Yasmina was the obvious choice for me when we were looking to run a workshop on diversity - the workshop was delivered with passion and enthusiasm and her delivery style was inclusive and thought provoking. Yasmina knows her content well and creates a safe space for people to share as well as challenging people to think and be different."*

~ Chief Executive, Optimus