



GHIDA BARAKAT

EXECUTIVE, LEADERSHIP & TEAM COACH & TRAINER

AREAS OF EXPERTISE

- ❑ Executive & Leadership Coaching
- ❑ Team Coaching
- ❑ Relationship coaching (Personal & Professional)
- ❑ Career Coaching
- ❑ Leaderships & Management Assessment Tools
- ❑ Emotional Intelligence
- ❑ Trainings & Workshops

EDUCATION & QUALIFICATIONS

- ❑ Studying Master's in psychology and Neuroscience of Mental Health – Kings Collage London.
- ❑ Bachelor's in Business Administration
- ❑ Certified Professional Co-Active Coach (CPCC) – The Coaches Training Institute
- ❑ Co-Active Leadership graduate - The Coaches Training Institute – Spain
- ❑ Leadership Circle Profile Certified Practitioner – The Leadership Circle
- ❑ The Collective Leadership Culture Survey Certified Practitioner – The Leadership Circle
- ❑ Trained Organization & Relationship System Coach (ORSC) – CRR Global
- ❑ Licensed NLP Practitioner – Richard Brandler (Co-creator of NLP)

Ghida is the Founder and Managing Director of Leap Leadership, a coaching, training & leadership development practice based out of Kuwait. Ghida works with immense passion and professionalism to support individuals and organizations in pursuit of personal growth, career & leadership advancement, & organizational performance improvement. She partners up with her clients to make sure that the Business Executives & Leaders remain focused on their targets, achieve business growth while adapting to changing markets. When it comes to teams, she zooms in on their natural talents and strengths so that their productivity improves and their relationships in the workplace support the growth and vision of the company.

Ghida spent over 15 years climbing the corporate ladders of some of the leading companies in the Middle East, such as National Bank of Kuwait, Al Shaya Group and Al Humaizi Group - LSH; a career path marked with regional leadership positions that had her working directly with decision makers and CEOs, as well as leading full-fledged departments. She developed and facilitated training and coaching programs for thousands of professionals and witnessed the personal development of individuals. Working closely with teams and Individuals from diverse backgrounds and in fast moving environments allowed her to understand what makes people tick and what drives them from and towards their true potential and goals.

Her strong devotion and commitment towards empowering people to eliminate roadblocks, to create breakthroughs from their limiting beliefs in both skills and mindset, and to unlock their hidden talents & cultivate them into actions, was the driving force behind her career shift. She decided to put her eagerness, experience, and talent in service of making a difference on a larger scale and become a full-time certified Executive, Leadership and Team Coach & Trainer, specialized in transformational & leadership development.

CONTACT

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