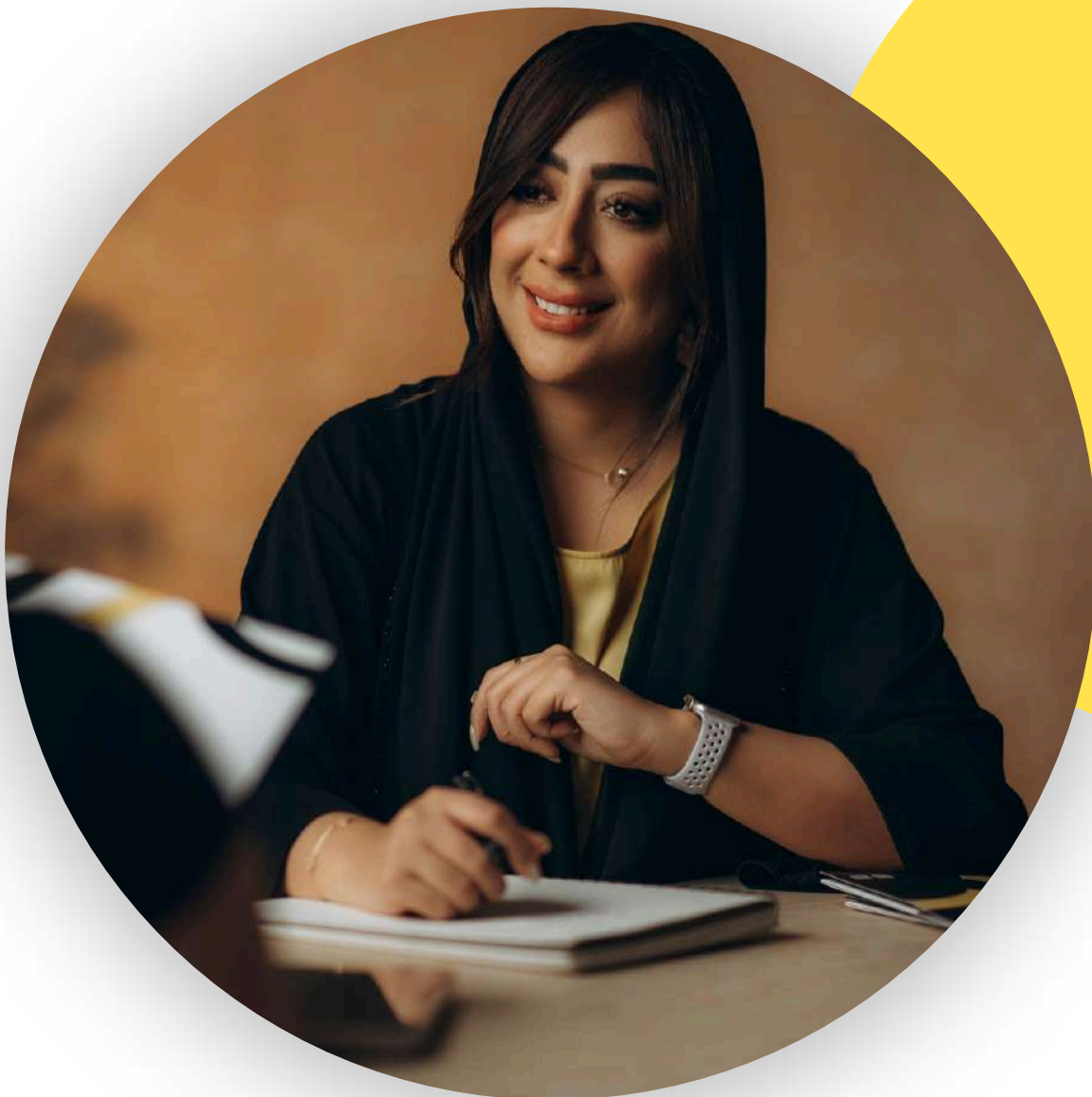


Hanan AlSammak

Services Guide



www.hananalsammak.com

Hanan is dedicated to assisting her clients uncover their hidden blocks and patterns that are deeply embedded in their subconscious mind. She focuses on deep healing techniques and coaching tools that empower her clients to perform at their best in all areas of life with ease and grace.

Contact us today to book your free clarity call.

SERVICES

Hanan is passionate about mental health, well-being and high productivity. She finds joy in empowering individuals to find their path to success, happiness and harmony through understanding and breaking self-limiting beliefs and releasing fear based thoughts and negative emotions. In her 1:1 consultations, Hanan focuses on healing through NLP coaching, ThetaHealing, Hypnotherapy, and Positive Psychology empowering her clients to take full responsibility of their lives. Her focus is to provide clarity for her clients to uncover their authentic self and inner power to propel personal growth. Her approach is based on self leadership and self empowerment.

THETAHEALING

HYPNOTHERAPY

NLP COACHING

CAREER COACHING





COACHING PROGRAMS

Hanan works on tailoring her own coaching programs and conducts corporate sessions, workshops and seminars with the aim of integrating the science of happiness and high performance into our everyday life leading to more balanced and healthy relationship with the self and others. She has been a keynote speaker sharing her extensive knowledge and expertise in wellbeing and leadership in TEDx, Dubai Police, Google, Adnoc, Majid Al Futtaim, Qudwa Forum in AD, Museum of the Future, Ministry of Presidential Affairs, Ministry of Interior, DEWA, Seha, Nawah, Role Model Conference in KSA, 9th Middle East Artificial Lift Forum in Oman, FAB & many more.


PUBLIC SPEAKING MASTERY



This Executive Public Speaking Coaching Program is a tailored journey designed to unlock your communication potential. In today's competitive world, effective communication is the key to success. Whether you're a business professional, entrepreneur, or aspiring leader, mastering the art of public speaking is non-negotiable. This comprehensive course is designed to empower you with the skills, confidence, and presence to captivate any audience, inspire action, and leave a lasting impact. The sessions will focus on the science of influence, motivation and peak performance –all based on advanced Emotional Intelligence techniques & Positive Psychology.

 4800

 4 SESSIONS

 6 HOURS

 LIVE IN DUBAI

THE COACHING PROGRAM IS A TOTAL OF 4 SESSIONS. EVERY SESSION IS 90 MINS.

PRODUCTIVITY MASTERY



This coaching program will give you the opportunity to learn the art of productivity and growth in a holistic way. Discover tools that will help you master your own growth plan, develop your high performance habits, so that your behavior, emotions, and true values are all aligned. Watch yourself become a more serious doer—towards a more fulfilling lifestyle. By harnessing the power of intentions, goal-setting & visualization; you will enjoy designing your success journey in a balanced way.

 4800

 4 SESSIONS

 6 HOURS

 LIVE IN DUBAI

THE COACHING PROGRAM IS A TOTAL OF 4 SESSIONS. EVERY SESSION IS 90 MINS.

HOLISTIC COACHING PACKAGE



This intensive program aims to help you become the happiest version of yourself by eliminating fear-based thoughts, overcoming mental blocks and regulating your emotions to be able to create the life you truly want. You will learn how to break the dysfunctional repeated patterns, re-create your story, overcome mental & emotional blocks, and cultivate positive emotions & create success habits using different coaching modalities.

 4800



4 SESSIONS



6 HOURS



LIVE IN DUBAI

THE COACHING PROGRAM IS A TOTAL OF 4 SESSIONS. EVERY SESSION IS 90 MINS.



TESTIMONIALS

I took many coaching and theta healing sessions with Hanan. The sessions were so comfortable and relaxing. I managed to dip deep into myself and understand my limiting beliefs that were stopping me from reaching my goals. What helped me the most was the fact that she is passionate about her work, and she really helps and gives from her heart and that made me trust her and feel safe. Thank you so much. **Maryam A.**

I have been working with Hanan since 4 years now on my personal growth journey. We did ThetaHealing and life coaching sessions. I felt such a huge relief and it felt like I went to a total different dimension. I literally felt I was in another world, a world where I could be free and overcome the pressures I face in my daily life, where I could rebuild myself mentally and emotionally. I felt like I got rid of my negative energy that was consuming my mind! These sessions really changed so many of my disturbing negative thoughts to a more calming thoughts." **Mohammad S**

I enrolled in the communication, productivity & holistic coaching sessions with Hanan Al Sammak since 2020 until today. Her programs were very useful, inspirational and motivating. She will simply teach you powerful skills to facilitate you going forward with a better life plan. I highly recommend her coaching programs. **Muhannad M.**

Always a pleasure



TESTIMONIALS

I attended Corporate Wellbeing Course with Hanan in 2016. Her energy is honorable. Her methods are creative & interactive. Super knowledgable. I recommend her strong capabilities & skills in training. **H.E Saeed Hareb, Executive Council Dubai Sports Council**

Hanan gave us The New Wellbeing session. I benefited from a lot of information that was presented in a unique way for anyone looking for sincere, authentic, impactful and applied science. Very Influential. **Sami Abu Hattab, HR.Director Mubadala**

Hanan is a thorough and professional Speaker. She always listens & works closely with the clients to deliver quality work. She is a role model & a change agent creating happiness wherever she goes. **Saana Azaam, Founder of Mena Speakers**

Hanan Al Sammak is truly a vibrant trainer & speaker that reflects the true meaning of the word happiness and positivity when speaking & dealing with the trainees. She uses innovative, realistic and easy-to-apply examples. She may be young but old in experience & full of giving. She has excellent expertise in the areas of wellbeing and positive impact on employees. **Majed Al-Khalisi , Training and Career Development Specialist at the Ministry of Presidential Affairs in Abu Dhabi**

Always a pleasure

ABOUT HANAN

Hanan is a professional speaker, Founder of HAC Hanan AlSammak Consultancy that is a member of CPD. She is a Certified Life Coach from the International Coaching Federation, a ThetaHealer from ThiNk Institute of Knowledge, and a hypnotherapist from the American Association of Hypnotherapy and a Published Author of 3 Self Development Books. With over 9 years of experience in depth study & research in management, & positive psychology, Hanan trained & coached more than 65K employees, managers, entrepreneurs in improving their performance & success habits leading to a balanced mental health. As one of the most influential personalities & the voice of community awarded by His Highness Sheikh Faisal Al Qassimi in 2015, & awarded in 2021 as one of the Top Influential Women of Excellence, & Top 20 Young Achievers under the age of 35 awarded by the Gov Youth Summit as the GCC Rising Stars in 2021, featured in leading newspapers & magazines, spoke across hundreds of stages across the GCC, Hanan quit her corporate job in 2014 & decided to pursue corporate coaching, speaking, and training as a full time career. Hanan's goal is to contribute in positive influence by inspiring the audience to live a healthy lifestyle with an enhanced wellbeing focusing on topics such as leadership, empowerment, success & wellbeing.

QUALIFICATIONS



Certified Life Coach, International Coach Federation, Mindbridge Institute UAE 2017



ThetaHealer, THiNK ThetaHealing Institute of Knowledge, UAE 2021



Diploma in Positive Psychology, The Langley Institute, Australia/Byron Bay 2017



Certified Self Development Trainer, Canada Global Center, UAE 2015



Certified Self Development Trainer, Continuing professional development 2016



Certified Trainer, Cambridge Institute, Bahrain 2018



Hypnotherapy Master Practitioner, American Board of Hypnotherapy 2024



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I am deeply passionate about creating lasting impact, about seeing organizations not just succeed but flourish. But more than that, I am driven by the idea of crafting cultures where individuals thrive, where they feel valued, supported, and empowered to be their best selves.

Hanan Al Sammak



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