

Rahma Community Services

Self Development Series

ICGC Workshop

Emotional Balance

Route to inner peace with Marriam Ahmed

- Recognize your emotions clearly
- Understand emotional reactions & root causes
- Feel in control of your feelings and life

About the coach



Marriam Ahmed is a coach and master practitioner of Neuro Linguistic Programming (NLP) and Timeline Therapy by the American Board of NLP (ABNLP), Marshall GoldSmith Stakeholder Centered Certified Leadership Coach and GLA360, International Speaker, Trainer, Mentor, Strategist and an entrepreneur. She is also a Goldman Sachs 10,000 women program alumni, ex VP for the Organization of Pakistani Entrepreneurs of North America and an advocate for emotional and mental wellness.

Sunday- Feb 10th 2019 1pm- 2pm
Community Room ICGC