Testimonial 1

What was your mind, situation or thoughts like before joining my coaching container? What were you struggling with at that time?

I was struggling with high-functioning anxiety, particularly around finances and my kids' future. I was constantly tired no matter how much I rested, felt like I've accomplished zero and was constantly ruminating about the future.

How do you feel about yourself now, after completing this coaching container? What has changed for you since finishing the sessions? Any tangible results you can describe.

Meha and I worked through two main areas: (1) My automatic thoughts and how my brain has thought errors to keep itself safe; (2) Truly surrendering to Allah and trusting His plans - I just need to do my best today and let Allah take care of the rest.

What were the highlights of working with a coach for you? Did you have any big "aha" moments?

A huge weight was lifted off my shoulders when Meha said that my successes are not solely due to my efforts but by the grace of Allah and that I need to take care of myself first before worrying about my kids and/or the future. I found it very reassuring that I only need to do my best today / in the near term and let Allah take care of the rest.

I'd like to highlight that I was raised Muslim and this is technically not new information but the way Meha communicated the message (kindly, using specific examples from our discussions vs the usual condescending and/or vague responses I get) really drove the message home.

What would you say to someone considering investing in themselves/coaching with me?

Before starting coaching, try to zero in on what you want to achieve from the exercise. This may change as you go through the coaching process but at least it forces you to sit down and think about what you really want, which will provide some clarity and direction.

I was concerned that Meha would use religion to fix all my problems- I didnt resonate with all the religious, finger-wagging type of lectures I had to listen to growing up. However, Meha clarified that I can talk as much or as little as I want about religion. Meha is the first Muslim coach I have worked with, who was not trained solely in theology, has gotten a

degree and had a professional career. As a female, I also appreciated how she understands the challenges I am facing as I navigate family and career in this season of life.

Any additional comments or feedback?

Working with Meha was very eye-opening - this is coming from someone who's gone through years of therapy and multiple coaching sessions with different coaches. However, it's important to go coach-shopping and find someone who is a good fit for you. Ask for a no obligation call and assess from there.

Testimonial 2

What was your mind, situation or thoughts like before joining my coaching container? What were you struggling with at that time?

Before joining your coaching container, my mind felt unsafe and busy. Sometimes, the smallest interactions or triggers would cause me a lot of mental and emotional distress. I would do my best, but I didn't really understand what it meant and felt like to get better until I did.

How do you feel about yourself now, after completing this coaching container? What has changed for you since finishing the sessions? Any tangible results you can describe.

I feel more confident in my decision-making and more trustful of my mind. I still feel that I need support, especially where my thoughts start to take over. However, I notice now that I can tell my mind to calm down and I have a tool that I can use. I still feel that my brain will spin thoughts from time to time, and I might overthink, but I do feel that I have gotten better at handling it and it's due to the work that I did in the coaching container.

What were the highlights of working with a coach for you?
Did you have any big "aha" moments?

My biggest "aha" moment is when Meha said, and I realized, that the feelings of distress and distrust I have with my brain are due to not feeling safe in it. Practicing breaking down thoughts with a coach was pivotal for me, as I needed someone logical to help me not overthink and just address the thoughts with care. Working with Meha helped me feel more confident in my decision-making, which made me feel safer.

Another “aha” moment was when I began implementing a consistent every-day routine. I didn’t realize how rewarding and relieving it is to dedicate a small amount of time to something important every day. It adds up, and I believe it’s more pleasing to Allah (SWT) to approach life in this way.

Because of the work that I did with you, I got my driver’s license, booked a Umrah trip, and explored my career interests through action. Allah (SWT) Blessed me a lot through us working together and Placed you in my path for this reason. Alhamdulilah.

What would you say to someone considering investing in themselves/coaching with me?

I would say that investing in yourself will be rewarded by Allah (SWT). It’s the best investment you can make, and working with someone you can trust and who understands being Muslim will make a difference in your life. All you have to do is show up with an open heart.

Any additional comments or feedback?

I truly thank Allah (SWT) for guiding me to you! I attended one of your free webinars and you helped me. I felt like you could help me more, so I took the chance and decided to invest in myself. And it’s so far been the best investment I’ve made, Alhamdulilah. Jazaki Allah Khair, you are great at what you do!

Testimonial 3

What was your mind, situation or thoughts like before joining my coaching container? What were you struggling with at that time?

I knew I needed to get better with managing my time, especially since I work from home where the work-life boundaries can get confusing. I also knew that decision-making was an issue that I wanted to address along with my time management skills.

How do you feel about yourself now, after completing this coaching container? What has changed for you since finishing the sessions? Any tangible results you can describe.

I was able to uncover other areas of improvement through the coaching sessions (individual and group). While I still need to work on intrinsic motivation and self-accountability, I’ve learned the importance of aligning my approach with my personality.

What were the highlights of working with a coach for you? Did you have any big "aha" moments?

Working with a coach helped me stay accountable to my goals. The main areas of improvement we identified were decision-making and procrastination, and by uncovering the thought errors that led to these habits we were able to come up with an action plan to address those weaknesses.

What would you say to someone considering investing in themselves/coaching with me?

I would say that investing in yourself will be rewarded by Allah (SWT). It's the best investment you can make, and working with someone you can trust and who understands being Muslim will make a difference in your life. All you have to do is show up with an open heart.

Any additional comments or feedback?

If you're ready to embrace and work through challenging problems, consider this as an opportunity for breakthroughs. We rarely have opportunities to invest in our self-development and growth, so this is a great opportunity to work with Meha especially as someone who understands Muslim women on a deeper level.

Meha is a great coach, and I loved her no-nonsense, honest approach to coaching!

<u>Testimonial 4</u>

What was your mind, situation or thoughts like before joining my coaching container? What were you struggling with at that time?

My mind was dealing with three main things – Leaving my job due to harassment issues that I have dealt with for 1 year, finding a new place to live, finding a new job and figuring out my feelings after speaking with a man and it did not go forward.

How do you feel about yourself now, after completing this coaching container? What has changed for you since finishing the sessions? Any tangible results you can describe.

A lot of the issues were out of my control, and we recognized that, so we shifted to what we could control. For example, I was offered to work with a new business as an investor,

but I did not have the funds to commit, so instead Meha suggested I make a ppt on how to pitch myself with all the other amazing skills I have, although they did not accept me at the time, we know have made a connection and said they would keep me in mind for the future.

What were the highlights of working with a coach for you? Did you have any big "aha" moments?

I had many more resources at my fingertips that I don't always see.

What would you say to someone considering investing in themselves/coaching with me?

If you are experiencing a mind blockage, this could be helpful to walk through that, we all need a life coach to help us.

Testimonial 5

What was your mind, situation or thoughts like before joining my coaching container? What were you struggling with at that time?

Before joining I lacked confidence in my work and struggled with burnouts.

How do you feel about yourself now, after completing this coaching container? What has changed for you since finishing the sessions? Any tangible results you can describe.

Since finishing my sessions, I was able to build my confidence and my thought process in different situations.

What were the highlights of working with a coach for you? Did you have any big "aha" moments?

I had many aha moments. Most moments were from when I took a step back to realize that my brain was tricking me into thinking a certain way. I really enjoyed being able to do mini tasks that challenged my current thinking.

What would you say to someone considering investing in themselves/coaching with me?

I would say to just do it! To make that change you would have to step into that uncomfortable zone of getting to know yourself. The best way to process this is by coaching. We sometimes miss things about us that other people see as valuable. Taking on this journey and investing in yourself right now can open other doors for you and allow you to explore potential that you did not know you had.