

Like 1+

- The aim of the group is to help you develop & enhance your reflective practice skills.
- Weekly reflective practice exercises.
- The practices are done at your own pace & setting and in your preferred language.
- Monthly group sessions.
- Mixed and men's group available upon request.

Benefits of Reflective Practice:

- Channels your inner wisdom & helps you learn from previous experiences.
- Support other women and give yourself permission to be supported by others.
- (Re)Discover who you are.
- Identify and work with thoughts & emotions you are struggling with such as:
 - anxiety
 - anger
 - unhealthy body image

350 Saudi Riyal a month

(Members of the group receive a discount on individual coaching sessions)

To Join:

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