



# **EMOTIONAL EATING PROGRAM**



**GLOWING MINDS**

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# DEAR ASPIRING MINDS AND ESTEEMED INSTITUTIONS

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There are moments in life that shape our purpose, defining who we are and what we stand for. My journey towards founding Glowing Minds was paved with both professional accomplishments and personal challenges, all of which instilled in me a fervent passion for unveiling the hidden potential within each of us.

As a dedicated mother of three and an assistant professor in computer engineering, my life was a whirlwind of responsibilities and commitments. But the events of August 2013, forever changed my perspective. On that fateful day, amidst a family gathering, a bomb exploded a mere 10 meters away, leaving a scar not just on the surroundings, but on our souls. The subsequent years saw me grappling with this experience, searching for resilience amidst the chaos that life had thrust upon us.

Three years post this tragic event, my quest for understanding resilience led me to the world of coaching. From meta-coaching to becoming an NLP master practitioner, trainer, energy healer, and hypnotherapist – it has been an unending journey of growth, introspection, and realization. I discovered that our actions, behaviors, and beliefs are profoundly linked to our subconscious. By addressing these, we can truly transform our perception of self and the world around us.

Glowing Minds is not just a health center – it's a culmination of my personal journey, my passion, and my unwavering belief in the transformative power of the subconscious mind. To individuals and institutions, I extend an invitation to embark on this transformative journey with us. It's a journey that promises not just growth, but a deep, authentic connection with one's true self.

I invite you with open arms and an open heart. Together, let's explore, transform, and let our inner light shine the brightest.

With heartfelt warmth and enthusiasm,

*Nada Mezkaoui*



# ABOUT GLOWING MINDS

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Founded by Nada Meskaoui, a distinguished NLP trainer and hypnotherapist, Glowing Minds is more than just a health center—it's a beacon of transformation. Nestled in the heart of Beirut, we specialize in harnessing the immense power of NLP and the subconscious mind to bring about profound changes in both mental and physical well-being.

At Glowing Minds, we recognize that every individual is unique. That's why we take a bespoke approach, crafting tailor-made solutions that resonate with each person's individual journey. Our range of services extends from NLP certifications and personal coaching sessions to expertly curated workshops on Goal Setting, Effective Communication, and Emotional State Management.

We are particularly proud of our pioneering programs, such as the Virtual Gastric Band and unique solutions for sleeping and emotional eating challenges. These programs epitomize our commitment to offering innovative and highly effective modalities to our clients.







## ABOUT NADA

Nada Meskaoui is the founder of Glowing Minds. She is passionate to coach her clients and train them to improve their lives by making changes at the unconscious level. Helping them to unleash their potentials and change their lives.



- MCF certified meta life coach
- NLPTA certified NLP trainer
- Virtual Gastric Band practitioner
- ABH certified Hypnotherapist
- Certified Reiki master
- Member of the Meta Coaching Federation (MCF)
- Member of the International NLP Trainers Association (INLPTA)







“What sets Glowing Minds apart is not just our extensive expertise but our unwavering commitment to honesty, knowledge, and personalization. We don't offer one-size-fits-all answers; we delve deep, understanding the intricacies of each client's needs, and then curate solutions that truly make a difference.”

*Nada Meskawi*





**CHOOSE GLOWING MINDS,  
AND UNLOCK A WORLD OF  
POSSIBILITIES!**



## Mission

To empower individuals by harnessing the transformative power of the subconscious mind, unlocking their fullest potential and fostering wellness through NLP and personalized coaching.



## Vision

To become the leading center for NLP and hypnotherapy in the Middle East, driving a profound, positive change in the mental and physical well-being of our community.





## EMOTIONAL EATING PROGRAM OVERVIEW

We understand how challenging it can be to resist the allure of sugary treats and carb-loaded comfort foods.

We recognize that emotional eating can sabotage your health goals and leave you feeling trapped in a cycle of guilt and frustration.

That's why we're here to offer you effective solutions to break free from the grip of sugar and carb cravings and regain control of your eating habits. Don't let emotional eating dictate your choices and hinder your well-being. What are you waiting for? Subscribe to our effective program to overcome emotional eating and embrace a healthier lifestyle.

EMOTIONAL EATING PROGRAM





## GLOWING MINDS EMOTIONAL EATING PROGRAM. HOW IT WORKS?

### EMOTIONAL EATING PROGRAM



01

#### KNOW

Know the reason behind emotional eating.



02

#### DESIGN

Design your program according to your preferences.



03

#### APPLY

Simply follow the instructions



Two coaching sessions



Two follow-up sessions



Three audios to listen to







# HOW TO REACH US



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# **GLOWING MINDS**

Unleash the Glow of Possibilities