



# **PEACEFUL SLEEPING PROGRAM**



**GLOWING MINDS**



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# DEAR ASPIRING MINDS

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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 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.





## PEACEFUL SLEEPING PROGRAM OVERVIEW

Are you tired of tossing and turning all night, struggling to find a good night's sleep? Or maybe you want to improve the quality of your sleep. Look no further! Our program is here to help you achieve the peaceful, rejuvenating sleep you deserve. It combines the latest research in sleep science with practical techniques to ensure you wake up feeling refreshed and energized every morning.

Don't let poor sleep disrupt your life any longer. Join our program today and embark on a transformative sleep journey. Experience the joy of waking up refreshed, revitalized, and ready to seize the day. Your best sleep awaits!

PEACEFUL SLEEPING





## PEACEFUL SLEEPING PROGRAM HOW IT WORKS?



01

### KNOW

Know the reason behind the lack of sleep.



02

### DESIGN

Design your program according to your preferences.



03

### APPLY

Simply follow the instructions



One coaching session



Two follow-up sessions



Two audios to listen to

PEACEFUL SLEEPING







# HOW TO REACH US



[WWW.NLPGLOWINGMINDS.COM](http://WWW.NLPGLOWINGMINDS.COM)

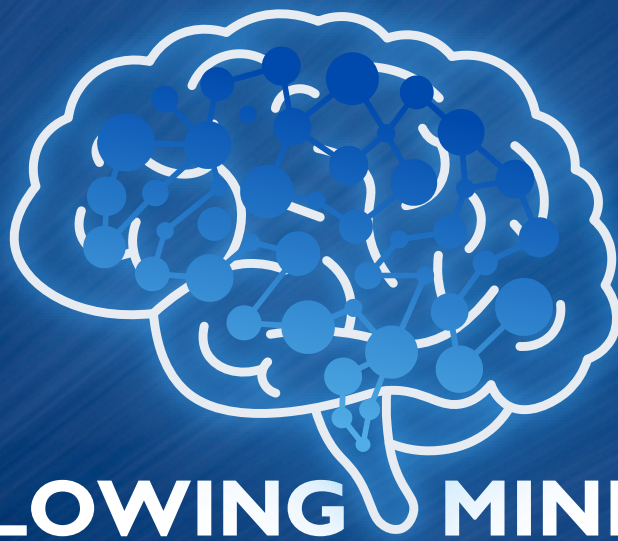


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# **GLOWING MINDS**

Unleash the Glow of Possibilities