



SHAPE

YOUR FUTURE

www.coachronaghosn.com

PROFILE



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DEAR ASPIRING CHANGE-MAKERS,



Welcome to a space where your journey matters, where every challenge faced is a step closer to your true potential, and where every triumph, no matter how small, is celebrated with fervor.

My name is Rona Ghosn, and my life's mission is to walk beside teenagers like you, guiding, supporting, and cheering you on as you navigate the beautiful, tumultuous journey of self-growth.

Having once walked in shoes similar to yours, battling weight issues, facing societal judgments, and more importantly, working tirelessly to maintain self-love through it all, I've learned that our most potent weapon is our belief in ourselves. It's this personal journey, filled with its highs and lows, that ignited my passion to become a beacon for others.

Your dreams, aspirations, fears, and hesitations are valid. In this fast-paced world filled with comparisons and external pressures, I understand how easy it can be to lose sight of your unique brilliance. But here's what I truly believe: Each one of you holds within a boundless universe of potential, waiting to be tapped into.

Whether you're seeking clarity about your future, striving for self-confidence, or merely needing a safe space to rediscover and celebrate yourself, I am here to help. Together, we'll embark on a transformative journey, tailored uniquely to you.

So, if you're ready to embrace a future where you're not just dreaming but achieving, I invite you to step into this adventure with me. Let's co-create a narrative where you're the empowered protagonist, equipped with self-belief and poised for success.

With warmth and belief in your brilliance,

Coach Rona Ghosn

ABOUT COACH RONA



In the heart of Kuwait, a beacon of inspiration for teenagers emerges, and her name is Rona Ghosn. As a seasoned school teacher, Rona has touched countless lives, but her influence doesn't stop within the classroom walls. She's a dedicated life coach, motivational speaker, and a testament to human resilience.

From her personal battles with weight to her unwavering self-love in the face of adversity, Rona's journey is a testament to the power of self-belief. This story, so deeply rooted in genuine self-acceptance, serves as the foundation of her mission to elevate others.

But what truly sets Coach Rona apart is her deep-seated commitment to the youth. She recognizes the unique challenges they face, especially in today's dynamic world. With tailored programs, workshops, and one-on-one coaching sessions, Rona aims to light the way for teenagers, guiding them towards self-confidence, clarity, and self-love.

Whether you're from Kuwait, the broader Middle East, or any corner of the world, Rona's message is universal. It's about finding that inner spark, nurturing it, and allowing it to illuminate not just your path, but also the paths of those around you.



**"EMBRACE EVERY FACET OF YOURSELF,
FOR WITHIN EACH CHALLENGE LIES
THE SEEDS OF GROWTH. REMEMBER,
STARS SHINE BRIGHTEST IN THE
DARKEST SKIES. LET YOUR TRUE SELF
ILLUMINATE THE PATH AHEAD."**

Coach Rona Ghosn





MISSION

To empower the youth by inspiring self-love, instilling confidence, and providing clear guidance towards a life of purpose and passion.



VISION

Creating a world where every teenager recognizes their inherent worth, harnesses their unique potential, and bravely steps into their best self



OUR VALUES



SELF-LOVE FIRST

We believe in loving ourselves, flaws and all, as the foundation for all transformations.



AUTHENTICITY

Be genuine in every interaction, whether in the classroom, on social media, or in life.



RESILIENCE

Embrace challenges as opportunities for growth. Rona's own journey from being overweight to a health enthusiast epitomizes this.



CONTINUOUS LEARNING

Always be a student at heart. This means constantly seeking knowledge and wisdom to better oneself and those around.



COMMUNITY FOCUS

We prioritize the needs of our community in Kuwait and the broader Middle East, understanding its unique challenges and strengths.



INCLUSIVITY

Every individual, regardless of background, has a unique story. We believe in acknowledging and celebrating those diverse narratives.



OUR GOALS



PERSONAL TRANSFORMATION

To guide each individual through a journey of self-discovery, helping them recognize, embrace, and enhance their true potential.



TEEN EMPOWERMENT

To provide teenagers with the tools, insights, and support needed to build unwavering confidence, fostering a sense of self-worth that resonates deeply within.



GLOBAL REACH WITH LOCAL ROOTS:

While rooted in the culture and values of Kuwait and the Middle East, we aim to inspire and empower individuals from all corners of the world, celebrating the universality of human growth and aspiration.



BUILDING A RESILIENT COMMUNITY

To foster a supportive network of individuals who uplift one another, sharing stories of triumph, perseverance, and unwavering self-belief.



HOLISTIC GROWTH

To integrate physical, emotional, and mental well-being, showcasing the interconnected nature of our overall health and life satisfaction.



OUR GOALS



EDUCATION BEYOND THE CLASSROOM

Extend the boundaries of traditional education by addressing essential life skills, emotional intelligence, and personal development, paving the way for well-rounded individuals.



LIFELONG LEARNING

To emphasize the importance of continuous growth and adaptability, nurturing a mindset that values constant learning and self-improvement.



ACTIONABLE GUIDANCE

Offer practical, actionable steps and solutions, ensuring that every individual can implement and benefit from Coach Rona's teachings in their daily lives.



DIGITAL OUTREACH

harness the power of online platforms to reach a wider audience, ensuring that no one is denied access to empowering resources and guidance, regardless of geographical constraints.



FEEDBACK & EVOLUTION

To continuously refine and adapt our programs based on feedback, ensuring they remain relevant, effective, and in-tune with the needs of our evolving community.



"FUEL YOUR DETERMINATION, HARNESS YOUR STRENGTH, AND LET EVERY EFFORT PAVE THE WAY TO YOUR BRIGHTEST TRANSFORMATION. COACH RONA, GUIDING YOU TOWARDS THE POWERFUL POTENTIAL THAT RESIDES WITHIN."



WHY CHOOSE COACH RONA?

Authentic Experience: Rona's journey from personal battles with weight to steadfast self-love, despite societal judgments, offers authentic experience and relatability. She doesn't just talk the talk; she's walked the path herself.

Expertise in Teen Empowerment: With her background as a school teacher, Rona has a deep understanding of the unique challenges and pressures teenagers face. Her programs are specifically tailored to empower the youth.

Personalized Approach: Rona's dedication to one-on-one coaching ensures individual attention and customized strategies tailored to each person's unique journey and challenges.

Unwavering Commitment: At the heart of it all, Rona's unwavering commitment to her mentees' growth, well-being, and success stands paramount. She's not just a coach; she's a dedicated ally on your journey to self-discovery and empowerment.





PROGRAMS



Clarity Capsule

A one-on-one coaching session designed to help individuals find clarity in their objectives, set achievable goals, and map out a strategy for success.



Goal Setting

Helping teens set clear, achievable goals and equipping them with strategies to attain them.



Self-Love Symposium

A series of workshops focusing on promoting self-love, body positivity, and resilience against societal judgments.



Echoes of Esteem: Finding Teen Voice

A comprehensive program targeting teenagers to build self-confidence, address peer pressures, and nurture self-worth.



Youthquake: Confidence Aftershocks

A transformative program that focuses on converting personal doubts and insecurities into strengths and stepping stones for growth.



Clarity Capsule



This coaching program, known as the "Clarity Capsule," aims to guide teenagers through a transformative journey of self-discovery and goal achievement.

Through one-on-one coaching sessions, we will help clients gain a clear understanding of their objectives, break them down into achievable goals, and craft a strategic roadmap to attain success.





Key Features:

1. **Objective Clarity:** assist individuals in gaining a clear and precise understanding of their personal and professional objectives.
2. **Personalized Coaching:** the coaching is provided on a one-on-one basis, ensuring that each client's unique needs and objectives are addressed.
3. **Accountability Mechanisms:** Establish accountability systems, such as regular check-ins and self-assessment, to monitor progress and maintain motivation.
4. **Resilience Building:** equipped with strategies to overcome obstacles, handle setbacks, and develop resilience and a growth mindset.
5. **Self-Reflection:** Stress the importance of self-assessment and self-correction to foster continuous learning and improvement throughout the program.

The "**Clarity Capsule Program**" not only focuses on the professional domain but also integrates the personal, ensuring that participants can balance and align their various life objectives. It also infuses principles of positive psychology and mindfulness to promote well-being and mental resilience.



Goal Setting



This "Goal Setting Program for Teens" is a comprehensive coaching initiative aimed at equipping teenagers with the essential skills to set clear, achievable goals and develop the strategies necessary to attain them. This program recognizes the unique challenges and opportunities faced by adolescents and provides structured guidance to help them shape their future effectively.





GOAL SETTING



Key Features:

- 1. Personalized Goal Setting:** Emphasize that your program tailors goal setting to each teen's unique needs, interests, and challenges.
- 2. Holistic Development:** Showcase how the program addresses not only academic goals but also personal growth, social skills, and extracurricular pursuits.
- 3. Measurable Outcomes:** Stress the focus on setting clear, measurable goals that allow both teens and their parents to track progress and celebrate achievements.
- 4. Empowerment and Confidence Building:** Explain how the program empowers teens to take control of their future, build self-confidence, and take proactive steps toward their aspirations.
- 5. Long-Term Perspective:** Discuss how the program encourages teens to set both short-term and long-term goals, helping them plan for their future.
- 6. Safety and Well-being:** Highlight the importance of creating a safe and supportive environment for teens to discuss challenges and setbacks openly.
- 7. Life Skills Development:** Mention the inclusion of life skills training, such as communication, problem-solving, and resilience, to support their overall growth.



Self-Love Symposium

The "Self-Love Symposium" is a holistic and empowering series of workshops designed to help individuals cultivate self-love, embrace body positivity, and build resilience against societal judgments. These sessions provide a safe and supportive space for personal growth and self-acceptance.

The "Self-Love Symposium" empowers individuals to embrace self-love, body positivity, and resilience against societal judgments through expert-led workshops, interactive activities, and a supportive community that encourages lasting personal growth and acceptance.



SELF-LOVE SYMPOSIUM



Key Features:

1. **Interactive Workshops:** Communicate the inclusion of interactive workshops, hands-on activities, and practical exercises that actively engage participants in self-reflection and skill-building.
2. **Panel Discussions:** Emphasize panel discussions where individuals share their personal experiences, challenges, and success stories related to self-love and resilience against societal judgments.
3. **Safe and Inclusive Space:** Stress the creation of a safe, inclusive, and judgment-free environment where attendees can openly share their experiences and feelings without fear of criticism.
4. **Empowerment and Skill Development:** practical exercises and practices that empower participants to build resilience, self-compassion, and self-esteem.
5. **Mental Health Resources:** availability of information and resources related to mental health, self-help tools, and support networks for those struggling with self-love and body image issues.
6. **Body Positivity:** focus on body positivity, including body-positive fashion shows or displays featuring diverse models to celebrate beauty in all its forms



 **Echoes of Esteem:
Finding Teen Voice** 

The "Echoes of Esteem: Finding Teen Voice" program aims to empower teenagers with the tools and knowledge they need to build self-confidence, navigate peer pressures, and nurture a strong sense of self-worth. Through expert-led workshops, interactive activities, and a supportive community, this program seeks to foster lasting personal growth and resilience in teenagers.





ECHOES OF ESTEEM: FINDING TEEN VOICE



Key Features:

1. **Empowering Teenagers:** empower teenagers by equipping them with essential life skills, including self-confidence, resilience, and self-worth.
2. **Comprehensive Approach:** covers a wide range of topics relevant to teenagers, such as self-esteem, self-discovery, dealing with peer pressure, and developing strong personal values.
3. **Interactive Learning:** the program includes interactive workshops, group discussions, role-playing exercises, and creative activities to make the learning experience engaging and practical.
4. **Safe and Supportive Environment:** safe and supportive space where teenagers can share their thoughts and feelings openly and without judgment.
5. **Real-Life Skills:** teaching real-life skills, including effective communication, decision-making, stress management, and goal setting, to help teenagers succeed in various aspects of their lives.
6. **Building Resilience:** a strong emphasis on resilience building, teaching teenagers how to cope with challenges, setbacks, and the pressures they may encounter.
7. **Positive Self-Image:** addresses issues related to body image and promotes self-acceptance, helping teenagers build a positive self-image.
8. **Peer Pressure Awareness:** delves into the different types of peer pressure and equips teenagers with strategies for setting and maintaining healthy boundaries.



Youthquake: Confidence Aftershocks



The "**Youthquake: Confidence Aftershocks**" program is a transformative journey that guides teenagers in converting personal doubts and insecurities into sources of strength, resilience, and personal growth. Through expert-led sessions, interactive activities, and a supportive community, this program empowers participants to emerge with a renewed sense of self-confidence and a commitment to personal development.





Key Features:

1. **Transformation of Self-Doubt:** "Youthquake: Confidence Aftershocks" is a transformative program designed to help individuals harness their personal doubts and insecurities and turn them into sources of strength.
2. **Personal Growth:** the program centers on personal growth and self-improvement, fostering resilience and self-confidence.
3. **Holistic Approach:** the program takes a comprehensive approach to address self-doubt in various aspects of life, including personal relationships, professional aspirations, and overall well-being.
4. **Safe and Supportive Environment:** this program provides a safe and supportive space where individuals can openly share their doubts and insecurities without fear of judgment.
5. **Positive Mindset and Resilience:** focus on developing a positive mindset and building resilience to navigate challenges, setbacks, and doubts.
6. **Effective Communication:** teaches effective communication skills to express feelings and needs assertively, fostering healthier relationships.
7. **Embracing Vulnerability:** the importance of embracing vulnerability as a source of strength and a pathway to personal growth.
8. **Self-Care and Well-Being:** encourages self-care and well-being practices to enhance overall mental and emotional health.
9. **Empowerment:** empowers individuals to take control of their self-esteem and confidence, ultimately leading to personal growth and achievement.



Pricing and packages

1 SESSION	HELPING YOU UNDERSTAND AND DEVELOP HEALTHIER EMOTIONAL RESPONSES, RESILIENCE, AND COPING SKILLS, WHILE ALSO FOSTERING A STRONGER SENSE OF SELF-UNDERSTANDING FOR A BETTER OUTCOME	\$ 100
4 SESSIONS	FOR THE PRICE OF 3 SESSIONS YOU ARE GETTING 1 FOR FREE <i>Maximum timeframe to be completed: 2 months</i>	\$ 300
8 SESSIONS	FOR THE PRICE OF 6 SESSIONS YOU ARE GETTING 2 FOR FREE <i>Maximum timeframe to be completed: 3 months</i>	\$600
12 SESSIONS	FOR THE PRICE OF 9 SESSIONS YOU ARE GETTING 3 FOR FREE <i>Maximum timeframe to be completed: 3 months</i>	\$ 900

* *No refunds - Full payment before service*

* *Not showing up for a scheduled session will be considered as a paid session*

* *Rescheduling a session is at least 24 hours before the session*



HOW TO REACH US?



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