

## Perspective

The modern workplace is a complex ecosystem, with boundaries between work and leisure blurred by rapid technological advancements, global connectivity and unprecedented levels of organizational change. This often leads to excessive stress and pressure on employees. As a result, maintaining a workforce that feels psychologically safe is not only a moral imperative but also a strategic necessity.



## How Sahar Can Help

In cultivating authenticity for workplace fulfilment, Sahar provides a tailored holistic mentoring service that focuses on enhancing psychological safety, promoting mental health, and nurturing spiritual well-being. By delving into her methodology, **Unbox The Real You**, Sahar addresses the root cause of workplace disconnect: the inability to bring one's whole self to work. Through self-awareness life mentoring, Sahar empowers individuals to navigate challenges with confidence, embrace their uniqueness, and cultivate a sense of purpose and contentment in their professional endeavours.

## Sahar's Approach

Sahar's approach to coaching and mentoring is founded on her unique mechanism for inducing change, **The Four Dimensions of Change (Body, Emotions, Mind, and Actions - or BEMA)**. Through a carefully curated blend of introspective exercises, reflective discussions, and practical tools, Sahar guides individuals, and small groups, towards self-transformation, unlocking their full potential. By addressing the interconnectedness of these dimensions, Sahar helps clients achieve transformative results in their personal and professional lives. Sahar's approach is tailored to catalyse sustainable growth and empower individuals and groups to thrive in today's ever-evolving work landscape.

## Results

Sahar's proven methodology have yielded impactful results in driving employee efficiency & well-being across diverse settings for both individuals, and companies. Holding various **Unbox Circles** at a leading Health Services centre in Dubai, facilitated a deeper self-connection, fostering inner peace and unlocking untapped potential among participants. Additionally, during the lockdown, the creation of the **Unbox Homestay & Create A Brighter Future** online course provided vital support to a company's all-female staff. The course helped them navigate the challenges of this unprecedented 'black swan event' with resilience and grace. As a result, it became Unbox with Sahar flagship online course.

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Sahar's guidance has also been instrumental in assisting senior executives, including C-suite members of international companies, to not only cope but flourish in their new leadership roles, all while maintaining a fulfilling personal life. Sahar's goal is to inspire individuals to embrace personal growth and develop their own paths to fulfilment.



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Additionally, Sahar has empowered individuals to successfully adjust to their new positions and roles within their organizations especially while many organizations where undergoing transformative change themselves.

Moreover, Sahar has helped some of these individuals embark on new entrepreneurial ventures, release their creativity, and rediscover fulfilment and joy in their professional endeavours.

## About Sahar

In navigating the path of self-discovery, what sets Sahar apart is her profound intuition. It serves as the guiding force behind her transformative approach to life mentoring. Viewing individuals as multidimensional beings, she navigates through the complexities of the human experience with a keen awareness, akin to deciphering a matrix. Sahar's ability to intuitively pinpoint the root cause of blocks and guide individuals towards healing and alignment is unparalleled.



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Over the past 32 years, Sahar has a track record of having supported over 15,000 individuals, worldwide, on their journey to contentment, joy, and fulfilment—every single case. Drawing upon her own journey from the corporate world to the world of life mentoring and healing, Sahar brings a wealth of lived experiences— from overcoming loss and displacement to embracing resilience and joy. To further support her clients, Sahar initiated **Unbox The Podcast** in 2005, which quickly gained traction, reaching third place in the awareness category on Apple Podcasts at the time. To date, 100+ podcast episodes enjoy over 160,000 downloads worldwide.

Sahar's philosophy centres around demystifying the enigmatic and presenting it in practical terms. She is a best selling author with ten books published. Her role as a columnist for several prominent publications, highlights her commitment to providing valuable insights and guidance.

She is also a certified holistic therapist, having trained with leading figures such as Deepak Chopra, Caroline Myss, and Master Mantak Chia. This diverse training has informed her unique therapeutic approach, which blends personal and work experiences, intuition, and a broad educational background. She moved to Dubai from London ten years ago with her husband. Surviving his death, she remains in Dubai and lives with her four feline friends.



1000+



45K



25K



4.5K+