



Natasha

THE HOSPITALITY COACH



Who am I?

My name is Natasha Abou Moghli, and I am a Certified Life Coach who specializes in helping high achievers within the hospitality industry to enhance their self-confidence, self-esteem, and achieve a better work-life balance to avoid burnout. With 15 years of experience in the hospitality industry, I have encountered a wide range of challenges and experiences, which motivated me to focus on this specific niche. I believe that coaching methods must be tailored to meet the unique demands of individuals working in hospitality, who often work long hours and weekends, in contrast to traditional 9-5 office jobs, and I am confident in my ability to provide such customized coaching services.

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What is the difference between a Life Coach and a Therapist?

A therapist is a licensed mental health professional who typically works with clients to diagnose and treat mental health disorders such as depression, anxiety, or PTSD.

On the other hand, a life coach is a professional who works with clients to help them achieve their personal or professional goals. While a therapist may focus on past experiences and mental health issues, a life coach focuses on the present and future, helping clients clarify their values, identify obstacles, and develop strategies for success.

What type of services am I providing?

If you're working in the hospitality industry and feeling stressed or overwhelmed, working with me could be just what you need to achieve your goals and improve your overall wellbeing. A life coach specializing in the hospitality industry offers a range of services that are specifically designed to help high achievers in the industry succeed.

One of the primary services that a life coach like myself offers is developing self-confidence and self-esteem. This can help you improve your job performance and increase your overall job satisfaction. Additionally, I can help you achieve a better work-life balance, which is especially important in an industry where long hours and weekends are often the norm.

Stress management is another important service provided by myself. By teaching coping mechanisms and mindfulness techniques, I can help you manage stress and avoid burnout. I also work with you to set goals and cre-

ate a plan to achieve them, which can help you stay motivated and focused.

Leadership development is yet another valuable service I provide. Whether you're a manager or an aspiring leader, I can provide leadership training to help you build more effective teams and improve your leadership skills.

Finally, a life coach in the hospitality industry like myself can help you advance your career by identifying areas for improvement and creating a plan for professional growth. This can include developing new skills, pursuing additional education or training, or simply learning how to network and build professional relationships.

Overall, the services offered by me are tailored to meet your unique needs. If you're looking to improve your performance, achieve your goals, and maintain a healthy work-life balance, working with me could be just what you need to succeed.



What does the coaching process look like?

- 1.** Discovery Call: The coaching process typically begins with a discovery call, during which I will get to know you and discuss your goals and needs. I may ask questions to gain a better understanding of your background, current situation, and desired outcomes.
- 2.** Goal-setting: Once we both have a clear understanding of your goals, we work together to set specific, measurable, achievable, relevant, and time-bound (SMART) goals. These goals will guide the coaching process and serve as a benchmark for your progress.
- 3.** Action planning: We both will work together to create a plan of action that will help you achieve your goals. The plan may include specific steps you will need to take, such as developing new skills, building relationships, or managing stress.
- 4.** Coaching sessions: Coaching sessions typically occur on a regular basis such as weekly or bi-weekly, and may take place in-person, or via Zoom. During these sessions, I will provide support, guidance, and accountability to help you stay on track and achieve your goals.
- 5.** Evaluation: Throughout the coaching process, you and I will regularly evaluate progress and adjust the plan as necessary. I also provide feedback and encouragement to help you stay motivated and focused.
- 6.** Follow-up: Once the coaching process is complete, I provide follow-up support to help you maintain your progress and continue to grow and develop.

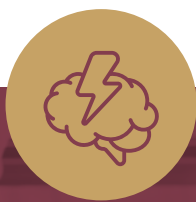
What are the benefits to hire me as your Life Coach?



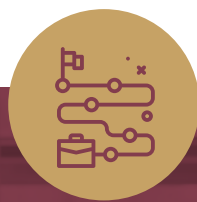
Feeling empowered



Improved work-life balance



Stress management



Career development



Communication skills



Conflict resolution

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