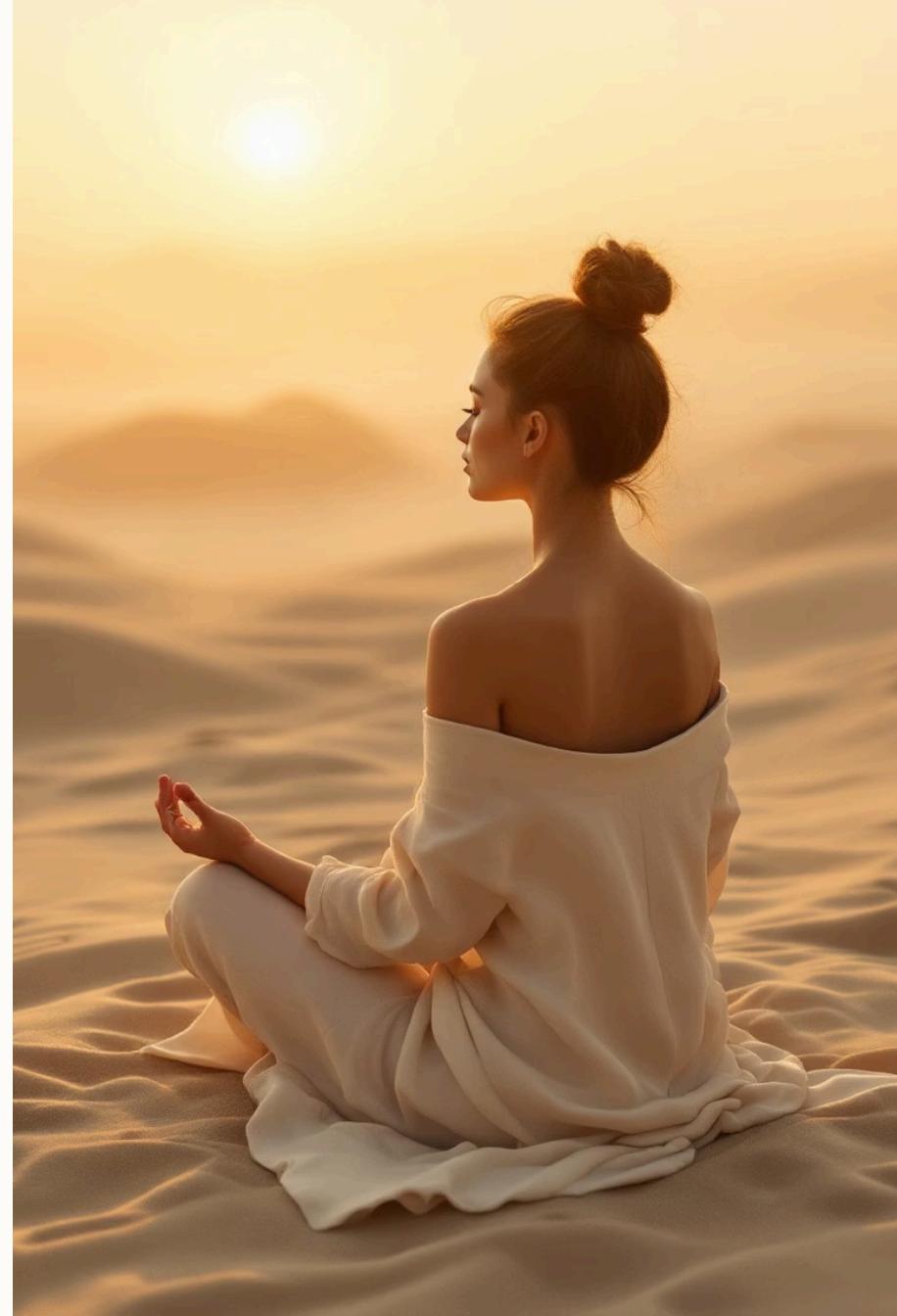


ALIGN WITH RANIM

The Art & Science of Returning to Your True Self

The Power in Us ©



Company Overview

Align with Ranim is the personal development division of The Power in Us, co-founded and co-owned by Ranim Habboushi and Ramadan Lawand, visionary leaders who unite psychology, neuroscience, and consciousness with innovation, strategy, and modern tools for human transformation. This division is the heart and foundation of The Power in Us — where the journey begins.

We all grow in different ways and at different paces. Some of us are ready to do the deep inner work, to visit the past, explore the unconscious, and understand the patterns, thoughts, emotions, and triggers that run on autopilot. Others prefer to focus on mindset, habits, goals, achievements, confidence, and purpose. And some feel called to manifest and consciously create the life they desire.

We each move through seasons, and every season invites us to meet, accept, and nurture a version of ourselves with unique needs, awareness, and readiness for growth and that's completely normal.

At **Align with Ranim**, we meet every individual where they are. There is no one-size-fits-all approach. We honor your season, your story, and your pace—supporting your growth at every level. Because while our paths are different, what allows us to **heal, align, and flourish** is universal.

Our Mission & Vision

Our Mission

To help individuals remember who they truly are, heal what's holding them back, and live in alignment with their most authentic, empowered, and purposeful selves.

Our Vision

A world where humans live from wholeness — emotionally regulated, self-aware, and consciously creating lives that reflect their truth, peace, and power.

Our Philosophy —From Inner to Outer

Align with Ranim blends applied psychology, neuroscience, somatic therapy, NLP, epigenetics, breathwork and spirituality into one integrated system. We work with both the inner world (mind, emotions, nervous system, energy) and the outer world (body, habits, relationships, purpose, impact) — helping individuals shift from survival mode to thriving mode.

01

Awareness

Understanding the patterns, beliefs, and wounds that shape behavior and emotions

02

Regulation

Calming and rewiring the nervous system to feel safe, grounded, and open to growth

03

Creation

Aligning thought, emotion, and action to create a reality that mirrors inner truth

Our Offerings



Mastermind Programs

Return to Your True Self – a 3-phase journey of healing, alignment, and creation



Courses

Healing in Chaos, Boundaries Breakthrough, Understanding Attachment, and more



1:1 Coaching & Mentorship

Personalized sessions for emotional healing, nervous system regulation, and self-mastery



Workshops & Retreats

Immersive experiences focused on mindfulness, nervous system reset, and embodiment



Digital Empowerment Add-On

Co-led with Ramadan: personal branding, digital visibility, and building purpose-driven income streams

Outcomes & Impact

Participants who complete Align with Ranim programs experience measurable shifts in:

- Emotional balance** — feeling calmer, more centered, and able to regulate emotions with ease
- Mindset & self-trust** — thinking more clearly, believing in themselves, and moving through challenges with confidence
- Resilience & positivity** — bouncing back faster and finding meaning even in difficult moments
- Relationships & boundaries** — showing up with authenticity, compassion, and emotional clarity
- Alignment & creativity** — making choices that feel true, inspired, and in flow
- Fulfillment & wellbeing** — living with more peace, clarity, and joy day to day



The 3-Phase Transformation Mastermind

The Align with Ranim system moves through three essential phases of human growth — Self-Return, Being, and Becoming — blending the physical (body), psychological (soul), mental (mind), emotional (heart), and energetic (soul) aspects of transformation.



SELF-RETURN

Healing the Past | Reconnecting with the Inner World | Mind, heart and Soul



BEING

Living in the Present | Emotional & Rational Integration | Environment, Habits and Relationships



BECOMING

Creating the Future | Conscious Manifestation & Expansion

Transformation from the Inside Out

The 7A Model guides you through every layer of growth, offering a holistic roadmap for profound personal transformation:

It is built on the belief that healing is not the end goal; it's the doorway to alignment and creation. Align with Ranim guides individuals through a transformational system that bridges past healing and emotional regulation, present awareness and embodiment, and future manifestation and conscious creation.

Past Healing

Emotional regulation and releasing what no longer serves you

Present Awareness

Embodiment and conscious living in the now

Future Creation

Manifestation and designing life by intention

1

The Past

Healing & Regulation

- Awareness
- Acceptance
- Attunement

2

The Present

Embodiment & Alignment

- Awakening
- Alignment
- Authenticity

3

The Future

Creation & Expansion

- Authenticity
- Abundance

Together, these phases form a full-circle journey—helping you heal what's behind you, embody who you are now, and create what's ahead.

At Align with Ranim, transformation is not about becoming someone new—it's about remembering who you've always been.

The 7A Model© of Transformation From Awareness to Abundance

This system guides individuals to bring consciousness to their unconscious self—to meet their patterns, emotions, and inner truths with awareness, compassion, and embodiment.

At its heart, it's rooted in the mind–body–heart–soul connection, recognizing that we are interconnected beings whose transformation happens when all layers of self are integrated.

Our work combines mental wellness, physiological healing and bodywork, emotional safety, resilience, and maturity, and soul remembrance—helping individuals shift from living in survival mode to thriving in alignment and abundance.

While working on the **internal world**—the mind, emotions, and nervous system—we simultaneously build the **external world**—rooted in the **science of optimal human functioning** and **applied positive psychology**. This includes creating **healthy environments, sustainable habits, fulfilling relationships, meaningful achievements**, and cultivating the **right mindset** that supports lasting growth and flourishing.

Through this integrated approach, Align with Ranim bridges psychology, neuroscience, NLP, somatic therapy, breathwork, mindfulness, and spirituality—creating a holistic path for transformation from the inside out.

The 7A Model©

This science-backed, soul-led roadmap guides you through a complete spectrum of inner and outer transformation: healing the past, embodying the present, and consciously creating the future.

Awareness

Seeing What Is

Acceptance

Honoring Without Resistance

Awakening

Remembering Your Inner Light

Attunement

Listening to the Language of Your Inner World

Alignment

Living in Harmony with Your Truth

Authenticity

Embodying Your True Self

Abundance

Conscious Creation and Flow

Why Align with Ranim



Science-Backed & Heart-Centered

Grounded in neuroscience and psychology, delivered with compassion and presence



Holistic Transformation

Integrates mind, body, emotion, and energy for complete alignment



Bilingual & Culturally Inclusive

Delivered in English and Arabic, adapted for regional contexts



Integrated Leadership

Co-led by experts in psychology (Ranim) and strategy (Ramadan)

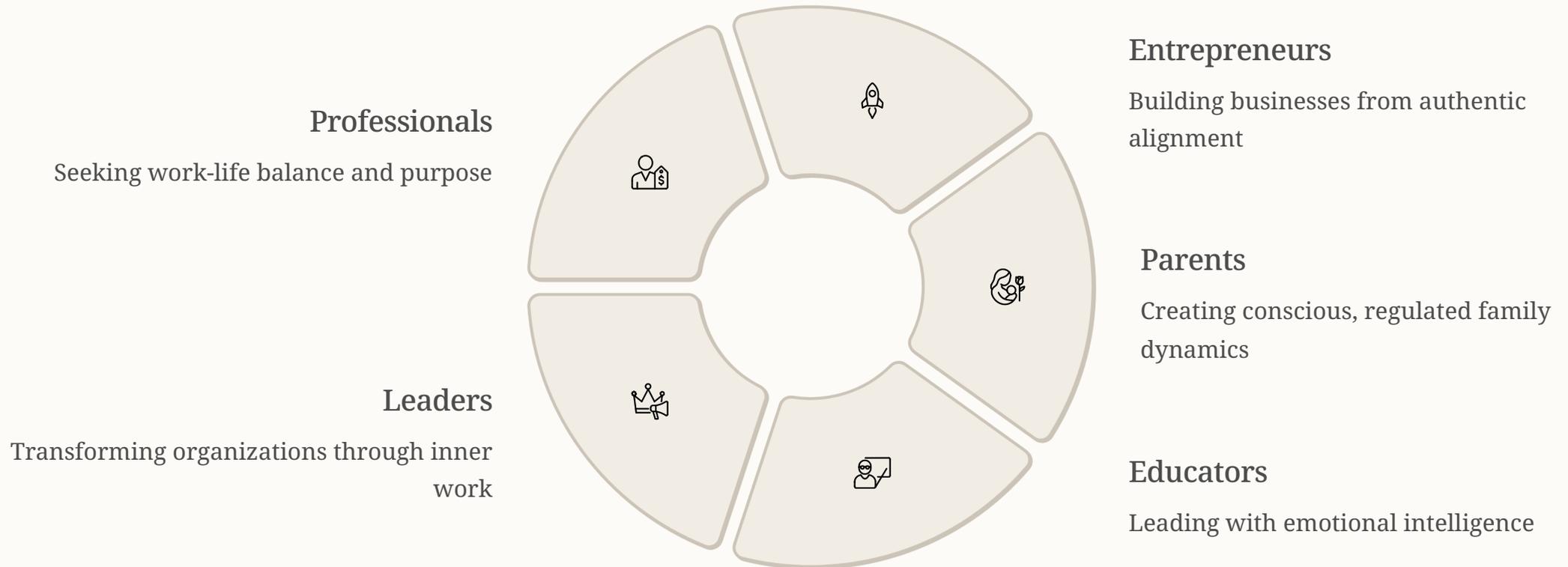


Scientific & Spiritual Balance

Bridging inner healing and real-world empowerment

Regional Impact

Align with Ranim serves individuals and groups across the GCC and Lebanon, offering in-person and online programs for both English and Arabic-speaking audiences. The programs attract participants from diverse backgrounds — professionals, entrepreneurs, parents, educators, and leaders — all seeking to live from alignment rather than exhaustion.



Founders

RANIM HABBOUSHI

Co-Founder | Chief Strategy Officer

Human Development Strategist | Applied Positive Psychology and Positive Ed Expert

Ranim Habboushi is a strategist, trainer, and thought leader in **human transformation and self-mastery**. Her work bridges **science and soul**, helping individuals move from **healing to high performance** through a holistic blend of **applied psychology, somatic healing, NLP, breathwork, and mindfulness**.

Her mission is to guide people toward alignment, where inner healing meets outer achievement, so they can live, lead, and create with clarity, confidence, and purpose.

Together, Ranim and Ramadan are co-owners and co-architects of The Power in Us — building a global ecosystem where human flourishing meets modern innovation.

RAMADAN LAWAND

Co-Founder | Chief Innovation Officer

Business & Digital Marketing Strategist | EdTech & AI Transformation Consultant

With deep expertise in **educational technology, digital marketing, and AI**, Ramadan designs intelligent systems and scalable strategies that empower people to thrive in both their **inner evolution and external success**, turning **personal alignment into digital influence, business growth, and impact**.

His work integrates **AI, automation, business strategy, and wealth-building frameworks**, bridging human potential with digital innovation — so growth becomes not just personal, but sustainable and exponential.

Contact

Align with Ranim — Division of The Power in Us

GCC | MENA | Global Online

info@thepowerinus.com

[Ranim WhatsApp](#)

[The Power in Us Website](#)

[Book a 1:1 Session](#)

[View Courses](#)

"When you heal your inner world, your outer world transforms."