

FROM KUWAIT

E- Newsletter ICF Kuwait Chapter



The Second Board Meeting Sunday, January 18, 2026

The second Board Meeting of the ICF Kuwait Chapter was held, bringing together Board members to strengthen collaboration and alignment. The meeting focused on reinforcing the chapter's strategic direction and ensuring clarity around roles, responsibilities, and operational priorities for the upcoming phase.

Key discussions included membership organization data management, and enhancing internal processes to support efficiency and transparency. The Board reviewed current practices and explored tools and systems that would support accurate tracking, follow-up and sustainable growth of the chapter

The meeting concluded with a shared commitment to collaboration, continuity and governance excellence reinforcing ICF standards and supporting the chapter's journey toward Chartered Chapter status while ensuring smooth knowledge transfer and long-term impact



A cup of coffee:

Wednesday,
January 28, 2026



Beyond Existence: The Importance of a Sense of Value in Life.

The Kuwait Chapter hosted Master Coach Samira Baba from the Kingdom of Bahrain in the "Beyond Existence" workshop, where she addressed the concept of "Mattering" and its impact on mental health, relationships, motivation, and professional performance, through an interactive experience rich in dialogue and reflection that contributed to deepening self-awareness and awareness of others and building a more impactful human presence.

At the conclusion of the workshop, the members Board of the Kuwait Chapter expressed their thanks and appreciation to Master Coach Samira Baba for her valuable contribution and influential presence. They also thanked the brothers and sisters who were members for their attendance and interaction, stressing the branch's continued commitment to providing quality initiatives that promote the culture of coaching in society.

Coach of the Month

Coach Nawal Dashti ICF-PCC
Well-being Coach
Relationship Coach
Team Coaching

Tell us about your journey to certification?

My coaching journey wasn't just about studying or adding a certificate to my resume; it was a journey of awareness, growth, and inner transformation before it became a professional achievement. It began with my passion for human development and accompanying others on their paths of change, and my deep belief that everyone possesses latent energy and potential that simply needs someone to awaken it and remind them of their worth. From this, I realized that desire alone is not enough, and that the right professional path requires structured learning and certification that guarantees quality and credibility for me and those I work with. I chose to study at Growth Coaching Academy, as it is a training provider accredited by the (ICF), and my commitment was clear: my education was based on established international standards. The program wasn't just theoretical content; it was a comprehensive experience that combined practical training sessions, applied exercises, and real coaching sessions with supervised clients.



This integration of theory and practice is what truly transformed my performance and self-confidence as a professional coach.

The study was intensive and demanded a high level of commitment, especially considering life, work, and family responsibilities. The biggest challenge was time management. I dedicated two to four hours daily to studying, reserving the weekend for review and application. I consciously prioritized my tasks and adhered to a consistent schedule, regardless of the circumstances. I didn't wait for the "right time"; I created the right time. I learned that success doesn't require extra time as much as it requires a sincere decision and unwavering commitment.

Core Coaching Competencies

According to the International Coaching Federation (ICF)



Stay tuned for Quraish, the Kuwait Chapter of ICF, on , February 14, 2026.