# SERVICES GUIDE

Optimising your potentional, by unsticking the stuck in work, career & life.



Hanane Aslama-Lanjri www.salamacoaching.com

# About Me

I empower women through tailored coaching and mentorship that boosts their confidence, helps them earn the recognition they deserve, and secures opportunities aligned with their passions.

I have over 10 years' experience of working in People, Learning & Organisational Development teams for organisations such as TalkTalk, Travelex, Community Gateway and City Fibre.



Everything changed for me after I was made redundant for a 2nd time in my career, my confidence took a hit and I'd forgotten how to put myself first.

Through coaching I became self-aware of my strengths and capabilities which enabled me to create a career vision that I could be my true authentic self and thrive.

I found many other women in the same position as me, feeling stuck in their career, lacking confidence, needing to improve their current situations through career change and going through being at risk of redundancy. So I decided to start up my own coaching programme to help them through these hard times. Over the past 3 years, I have been working with incredible women, helping them to feel empowered to speak up and be confident in the workplace so they can thrive in a career they love and live the life they want.

I believe the core to being happy and having a successful career is to focus on what your purpose is, followed by staying aligned to your values.

# Motivational Speaking

# Persistence and Perseverance will get you further than anything else in your career

When things don't go our way at first, we feel like giving up, but what if we're on to something that could be the best decision we made. What if we become resilient to overcome setbacks? What if we see rejection as a redirection instead?

#### My signature story

Overcoming career setbacks, I transformed from job rejection and redundancy to becoming an empowered coach. Through personal trials, I now guide women to find confidence, alignment, and purpose in their careers, developing success and fulfilment.



# Coaching Packages

## ONE-OFF

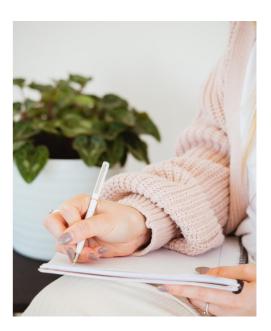
#### CAREER BREAKTHROUGH

l session of 90 minutes Get expert coaching in just 90 minutes to work on one or two problems.

## 3 MONTHS

#### 1:1 COACHING

6 sessions of 60 minutes Get personalised coaching to identify your strengths, values, set goals, and create a roadmap for career success.



### Coaching discovery call: Free 30 minutes

We will discuss your motivation for seeking coaching, as well as 'why now'. You can reveal your aims and expectations of coaching, and what you are looking to achieve both personally and professionally. It's also a great opportunity for you to ask any questions you might have about me, coaching and how it works.

# Masterclasses

#### Building Your Personal Brand for Success

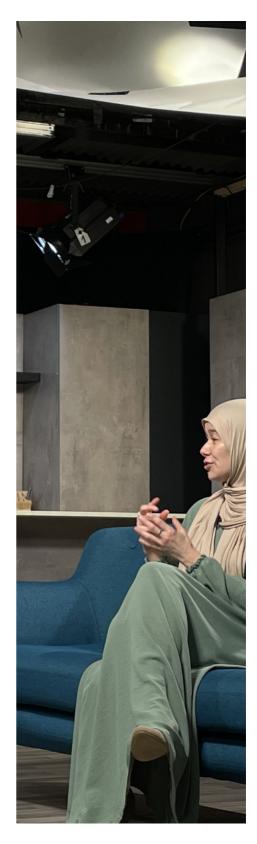
- What do you stand for?
- The step-by-step blueprint for building and maintaining your personal brand.
- C to the power of 4 framework

#### How to Stand Out on LinkedIn

- The ingredients for a killer profile
- Get noticed for opportunities
- Maintaining your professional profile

#### Identifying your Strengths

- What are your superpowers?
- Aligning what you stand for with your strengths
- Using your strengths to secure promotions and pay rises



# Testimonials

### Mary

I've had the absolute pleasure of working with Hanane. She is an inspiration, always professional and is always gifting us with endless resource and knowledge. I've also had an opportunity to be coached by Hanane, which has unlocked a lot of potential I've kept hidden. Coaching with Hanane has been a memorable experience and I will keep it with me for a really long time. Thank you Hanane.

### Naeema

"I started coaching because I felt like I was under valued in my old job. I knew I could do more with my skills but didn't have the courage to move jobs as the hours were good around my children. I wanted to remember what it was like to be in a job that I enjoyed and be able to say I'm happy to be here. Having Hanane motivated me to make the change. She made me realise I was able to work the hours I needed and be happy doing something I enjoyed. She helped me realise my experiences were worth more than I gave myself credit for. Hanane has helped me find a new job working from home that fits around my family commitments. I'm able to work more hours and have the weekends free to spend with my family. My key take away is self belief... I can do better I just have to be confident and take the leap. "

### Maria

"I started coaching because I no longer had any job satisfaction and I suppose I needed some direction. I didn't know what I wanted to achieve if I'm honest I just knew that I needed something, but Hanane helped my figure that out. I didn't think I had the necessary skills to do anything different, but coaching made me realise how many skills I had and how transferable they were in lots of different fields. It gave me the confidence to make the move and start applying for different jobs until I got something that gave me the right work/life balance."

# Testimonials

### Aysha

When I first started coaching I wasn't fully in tune with my strengths and weaknesses . Coaching with Hanane has helped to turn my weaknesses into development opportunities and review my strengths in line with career goals.

Hanane has helped to understand how to create long term goals, how to focus on actualizing these goals and focusing on them.

As a result of the coaching from Hanane I have received so far I have been able to identify other interests in my professional and personal life.

Thank you for investing your time in my coaching.

I just wanted to say thank you so much for your talk on ladies day! It was so inspiring, it's so easy to just give up, but you really opened our eyes to the importance of resilience and persistence.



### Kelly

I have been receiving coaching from Hanane for around a year now and I've found her to be a supportive and approachable coach. Hanane is super passionate about helping people to achieve and is great at guiding people towards their goals. She has great knowledge of how to support people and is always suggesting great resources to help my development. Thank you Hanane for your support and guidance!

# Testimonials

### Magd

I had left my corporate marketing job two years ago and since, I have been on a personal healing journey. In those two years, I discovered what I want to do but I felt like I was not qualified enough.

That changed when I met Hanane on The Power of Voice Academy's five day challenge. Sounds dramatic, I know but I truly believe that she was my biggest blessing/takeaway.

Soon after, I began following her work on Instagram. I was in a place in my life where I was getting more comfortable with who I am and this five day challenge was the final push I needed.

I had just journaled that day about feeling stuck and not knowing what my next step should be. Then, I open Instagram to aimlessly scroll (as you do) and the first post I see is Hanane's.

During the free discovery call, her questions led me to multiple breakthroughs.

I remember her telling me "I don't blame you. We live in a world where you need a qualification to breathe." That was it for me.

I ended up investing pretty much all I had after 30 minutes because I got a glimpse of what her work can do for me.

I had really been stuck on how to position myself and she helped me get that clarity during my career breakthrough session.

My dream dua this Ramadan was to launch a 1-1 business that helps Muslim women create an identity outside of their suffering, and Hanane was the key that helped me unlock that dream.

Within two weeks, I had taken the step to launch my own business. Not your therapist, not your coach, your favourite mentor.

Alhamdulilah.

I couldn't wait to write this review because she truly deserves it. She puts her heart into her work and it is honestly a pleasure to have learned from her.

# Let's get started!

Choose the right service for you: Performance Mindset Coaching Masterclasses Motivational Speaking

#### Featured on



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Hanane

