

by Manar Al Dina

Mindset & Leadership Coach



A Coach Who Gets Results...

A Jordanian-Canadian Certified Mindset & Leadership Coach, accredited by the International Authority for Professional Coaching and Mentoring (IAPCM) at a Fellow level, Marshall Goldsmith Certified Stakeholder Coach, Certified International Professional Trainer & Training Manager, NLP Practitioner, TEDx International Speaker, Writer and Mentor, Situational Leadership Certified Trainer, Adaptability Intelligence Coach, Certified Organizational Culture Coach a Gallup Certified Strengths Coach, MBTI I&I Practitioner, a LegoSerious® Play® Certified Facilitator. Also a contributor to several local magazines, social media influencer, and speaker. A Catalyst for Change at heart, a rebel, a mom of 4 to include an angel in Heaven, a great cook, bookworm, & a Squash Pro, with Manar, change is a journey that is easily embarked upon, and definitely, not resisted.

Background & Industry Experience

Specialized in delivering Leadership Programs to different industries, mainly Pharmaceutical, Telecom, and Banking, IT and Digital Transformation sectors, numerous local Ministries, as well as Governmental and NGO work. As an Organizational Culture Coach, working with clients to build organizational culture and train on instilling corporate values through leadership programs and team coaching, are also amongst her areas of specialty. In terms of audience, whether it is working at an Executive, Group, Director or Middle Management level, Manar brings forward the skills necessary to engage through a customized method of delivery that is engaging, interactive, and full of learnings enabling the individual to reflect and pay it forward while positively influencing the overall workplace culture, creating impact, and empowering others to act and lead by example.

Facilitation Approach

With a primary focus on the audience and the energy of the room, a customized approach tailored to match the unique needs of every individual in the room, while keeping both the content and the context intact, is the preferred approach. Being agile, alert, approachable in nature and ready to shift gears anytime, gives participants a customized learning experience, where they can reflect comfortably on all their key learnings. Use of flipcharts, role play, case studies, games for edutainment as well as building forward thinking learning, are some of the many facilitation approaches adopted. Furthermore, ensuring that proper rapport is built, and allowing participants room to reflect and ask questions to ensure proper integration of learnings is key within the training room. Soliciting and giving feedback to continue to deliver to participants expectations, and navigate their requests by checking in with them on their learnings, and what questions they have to ensure all their “aha” moments are captured properly and promptly, is another key priority. Use of effective time management techniques to remain on schedule, commit to an agreed upon agenda, and combining both an assertive and friendly nature to keep the energy and mood of the room upbeat, and what would be considered, as the ideal learning environment, is also a way to create accountability. Finally, it is an absolute priority that every person in the room is properly heard.

A Balanced, Committed with a CANI Attitude kind of Mom

Work hard, play harder! There’s a time to be serious and put your head down but you also have to balance it with a lot of fun, when celebrating successes. Manar is 100% committed, both to her passionate career and 100% supportive to keeping her clients focused on the goals they set, even through the tough times when clients doubt themselves. As a mother, parenting and her relationship with her kids is focused around a CANI- Constant and Never-Ending Improvement attitude, we live, we learn, and also does not claim to know it all. Being humble, courageous and curious to constantly learn, ask questions, and lead by example, is undoubtedly, the secret recipe to success. Thank you for reading my profile. I look forward to knowing you more, and to having the chance to work with you!

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Mindset & Leadership Coach

Expertise:

Executive Development
Leadership Transformation
Culture Transformation
Team & Group Coaching
Speaker, Writer, Mentor

Education:

Univ. of Jordan
MA – Diplomatic Studies
Univ. of Jordan
BA – French Language & Literature

Accreditations & Certifications

- CIPT & CIPTM – Certified International Professional Trainer & Manager
- Executive Coach (Marshall Goldsmith)
- Team Coach (Marshall Goldsmith)
- IAPCM-Accredited Fellow Coach
- 360 Assessment Coach (CCL)
- Organizational Culture Change Coach
- Situational Leadership Certified Trainer by CLS
- Adaptability Intelligence Coach Levels I&II
- Workplace Big 5 Assessment (Paradigm Personality Labs)
- MBTI I & II (The Myers-Briggs Company)
- Gallup Strengths Coach by Gallup®
- The Organization Workshop simulation (Power+Systems)
- Influence & Change Style Indicator Practitioner
- Certified NLP Practitioner
- Lego® SeriousPlay® Certified Facilitator
- Actee Change Certified Facilitator

