



## PAULA HAYEK

Paula is a certified Life Coach and Master NLP Practitioner (Neuro-Linguistic Programming). In addition to conducting regular training for certified NLP courses, she has delivered numerous group training sessions on communication skills, listening skills, and nonviolent communication. As a life coach, Paula is consulted on regular basis by individuals who are seeking to achieve their life goals and helps them in the process of restructuring their lives towards success. “Building rapport” is an expression she uses a lot, as she considers it a key skill for leading a happy life.