



Afrah Hamdy

Relationship Coach, Confidence Mentor & Author

Egyptian - United Arab Emirates

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Who is Afrah Hamdy

Afrah Hamdy is an Egyptian relationship and confidence coach, motivational speaker, and author based in Dubai. She is recognized for her influential work in empowering women across the Arab world through specialized coaching programs and consultations. Her content focuses on enhancing self-confidence, emotional intelligence, and understanding the dynamics of romantic relationships to help women build healthier connections and achieve self-worth. Her career began in Dubai, where she worked as a spa director before transitioning into the natural beauty and wellness field, earning a diploma in cosmetology. Over time, her passion for personal development led her to specialize as a certified life coach. Today, Afrah offers one-on-one consulting sessions and popular online courses, such as her signature programs "Feminine & Charismatic" (أنثى وكاريزما) and "Dream Without Limits" (احلمي بلا حدود), designed to equip women with the tools to transform their lives. In addition to her coaching practice, Hamdy is a prominent media figure, making regular appearances on television shows like "Sabah Al Arabiya" on Al Arabiya News Channel and sharing valuable insights through her YouTube channel and other social media platforms.

Achievements of Afrah Hamdy

Afrah Hamdy authored the book "Make Him Chase You Effortlessly" (اجعليه يطاردك بدون مجهود), which provides women with strategies and advice for understanding male psychology and building genuine attraction in romantic relationships. The book has garnered significant interest among her followers and reflects her expertise in the relationship field. She founded a successful online coaching platform offering specialized courses and consulting sessions. Her flagship program, the "Feminine & Charismatic" (أنثى وكاريزما) membership, provides continuous content to help women enhance their feminine energy and personal charm, impacting thousands of women through these offerings. Hamdy is a recognized expert guest on prominent Arab media outlets, discussing topics related to relationships and self-empowerment. She has been featured in several interviews on major television channels such as Al Arabiya and Al Hurra TV, cementing her status as a trusted authority in her field. She launched her own podcast, "The Afrah Hamdy Podcast," to expand her reach and share in-depth advice on self-development, relationships, and mental wellness with a broader global audience.

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