



Darine Tahan

Self-Relationship & Positive Psychology Coach

Lebanese - United Arab Emirates

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Who is Darine Tahan

Darine Tahan is a Lebanese self-relationship and positive psychology coach based in Dubai, where she founded both Darine Tahan Coaching and the House of Hadaya platform. She brings a rich professional background of over 15 years in the corporate world, culminating in her role as Head of Marketing for the Middle East & Africa at Nespresso, a position she held until December 2018. Following a successful corporate career, Darine made a significant shift to pursue her passion for helping individuals transform their relationship with themselves. She specializes in positive psychology and emotional intelligence, holding certifications as a Certified Professional Coach (CPC) and an Energy Leadership Index Master Practitioner (ELI-MP). Her coaching methodology focuses on empowering clients to achieve a deeper understanding of their emotions and thoughts, providing them with the tools to build a more conscious and balanced life based on the principle that true change begins from within.

Achievements of Darine Tahan

Darine Tahan has successfully founded two distinct brands in the personal development space. She established her private practice, Darine Tahan Coaching, which offers one-on-one and group sessions, as well as House of Hadaya, a platform and workshop space dedicated to supporting the journey of self-discovery. Prior to her work as a coach, Darine built a successful executive career in marketing spanning over 15 years. She culminated her corporate journey by serving as the Head of Marketing for the Middle East & Africa at the multinational company Nespresso, where she gained extensive experience in team leadership and regional strategy.

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