



Dr. Heidi Soliman

Psychosomatic Therapist and Founder of a Coaching & Consulting Practice

Egyptian - Egypt

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Who is Dr.Heidi Soliman

Dr. Heidi Soliman is a certified Psychosomatic Therapist and the founder of Heidi Soliman Coaching & Consulting, a practice she established in January 2019. Her expertise centers on the intricate connection between the mind, body, and soul to facilitate healing and personal growth. Before dedicating herself to therapy and coaching, Dr. Soliman built a long and successful corporate career, holding senior marketing positions at major telecommunications companies, including Vodafone Egypt and Etisalat Misr, where her last role was Head of Postpaid Marketing. A personal health challenge prompted her career transition, leading her to explore the profound relationship between psychological states and physical well-being. This journey inspired her to specialize in psychosomatic therapy. Dr. Soliman holds a certification from the Psychosomatic Therapy College of Australia, is an International Coaching Federation (ICF) Certified Life Coach, and a certified NLP Practitioner. Through her digital platforms and private practice, she provides specialized content on understanding body language, trauma healing, relationship improvement, and self-awareness, employing a holistic approach that integrates science and spirituality.

Achievements of Dr.Heidi Soliman

Dr. Heidi Soliman successfully founded her private practice, Heidi Soliman Coaching & Consulting, in 2019, offering services in psychosomatic therapy, life coaching, and corporate training. She has cultivated a strong media presence as an expert in her field, frequently appearing as a guest on leading Egyptian and Arab television programs to discuss mental health and relationships. Her appearances include prominent shows such as "El Setat" on Al-Nahar TV and "Heya W Bas" on CBC Sofra. Leveraging her extensive corporate background and deep understanding of human dynamics, Dr. Soliman has developed unique corporate training programs. She delivers workshops aimed at improving workplace environments and enhancing interpersonal communication. Furthermore, she creates impactful educational content across her social media platforms, including YouTube and Instagram, sharing practical insights and techniques to help her large following achieve greater self-awareness and life improvement.

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