



Dr. Sarah Elzahaby

Pharmacist, Author, and Certified Parenting & Positive Psychology Coach

1986 - Egyptian - Egypt

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Who is Dr. Sarah Elzahaby

Dr. Sarah Elzahaby is a multi-talented Egyptian figure who blends her scientific background as a pharmacist with her passion for literature and family consulting. She began her career in pharmacy but soon pivoted to writing and authorship, publishing several successful social commentary books, including "Fiha Haga Harsha," "Khaltet Omri," "Wesh El Qafas," and "Dayret El Rehla." In addition to her work as an author, she is a regular columnist for the Egyptian newspaper Al-Akhbar. Dr. Elzahaby expanded her expertise into human development, earning dual certifications from the International Coach Federation (ICF) as a Family & Parenting Coach and a Positive Psychology Coach. She leverages her influential digital platforms to deliver content aimed at empowering families, fostering healthy relationships, and promoting emotional resilience. In recognition of her social impact, she was appointed as an ambassador for Egypt's Ministry of Social Solidarity. She also represents Mentarcise, an organization dedicated to advancing transformational coaching across the MENA region.

Achievements of Dr. Sarah Elzahaby

Dr. Sarah Elzahaby has authored four widely-read social commentary books that have become bestsellers. Her titles include "Fiha Haga Harsha," "Khaltet Omri," "Wesh El Qafas," and "Dayret El Rehla," which address social and family issues with a realistic and satirical style. As an International Coach Federation (ICF) certified coach, she holds the Professional Certified Coach (PCC) designation along with specialized certifications as a Family & Parenting Coach and a Positive Psychology Coach, reflecting her commitment to global coaching standards. She was selected as an ambassador for the Egyptian Ministry of Social Solidarity, a role that signifies state-level recognition of her positive contributions to society and her influence on social initiatives aimed at family empowerment. She has also appeared on prominent television programs like "Sahebat Al-Saada" and "Al-Setat May'rafoosh Yekdebo" to discuss social and family matters.

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