



Hajar Turk

Psychological Specialist & Emotional Awareness Coach

Syrian

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Who is Hajar Turk

Hajar Turk is a psychological and family specialist and an emotional awareness coach dedicated to helping women navigate the challenges of anxiety and stress to achieve inner peace. Through her digital platforms and private sessions, Hajar provides a safe space for women to process emotional pain, understand the roots of limiting beliefs, and rebuild a healthy relationship with themselves. Her methodology is based on an integration of proven science and spiritual depth, working on multiple levels including the psychological, emotional, and intellectual. Hajar's work emphasizes calming the nervous system through practical exercises and custom-designed therapeutic meditations. She aims to empower women to release the weight of the past, correct painful relationship patterns, and build a more resilient and positive mindset. Her content on platforms like Instagram and YouTube reflects this approach, where she shares practical insights and techniques for facing daily psychological challenges and enhancing the connection to one's true self.

Achievements of Hajar Turk

Hajar Turk has developed comprehensive therapeutic programs to help women achieve psychological transformation. She offers a range of session packages, starting with a two-hour "Exploratory Session" focused on assessment and creating a treatment roadmap, to more in-depth programs like the 8-session "Recovery Journey" and the 12-session "Integrated Transformation Program." These programs are designed to address the root causes of pain and create sustainable change. She has established an influential digital presence across multiple platforms, including her official website, hajarturk.com, where she offers her services and shares specialized articles. Hajar uses her Instagram, TikTok, and YouTube channels to publish educational content on self-awareness, emotional healing, and anxiety management techniques, enabling her to reach a wide audience of women in the Arab world and provide them with support.

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