



Laila Kaheel

Bahraini Self-Development Coach and Author

Bahraini - Bahrain

[Read More](#)

Who is Laila Kaheel

Laila Kaheel is a Bahraini coach specializing in self-development and relationships, focusing on helping individuals, particularly women, heal from psychological trauma through Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and emotional therapy. Kaheel draws her methodology from her personal experience, having overcome a difficult childhood that led her on a profound journey of self-healing, which has become the cornerstone of her work in helping others achieve inner peace and balance. Kaheel delivers her content across multiple platforms, including her active social media accounts and official website, where she offers training courses and one-on-one consulting sessions. Her content addresses diverse topics such as healing from childhood trauma, connecting with the inner child, balancing feminine and masculine energies, setting healthy relationship boundaries, and understanding recurring life patterns. She has also appeared in several media interviews, including on "Social Podcast" and the "Sayidaty" program, where she has shared her story and insights on the importance of self-awareness in building a healthy and happy life.

Achievements of Laila Kaheel

Laila Kaheel authored the book "You Are in a State of Emergency: Save Yourself" ("أنت في حالة طوارئ: انقذ نفسك"), published by Molhimon Publishing and Distribution. The book serves as a roadmap to self-awareness, drawing from her personal experiences to help readers confront their internal traumas and build a stronger, more conscious version of themselves. She has successfully built an influential online presence as a life coach, offering specialized courses and consulting sessions to her followers. Her work focuses on empowering women by addressing deep-seated issues such as trauma, relationships, and self-worth, making her a source of support and inspiration for many in the region.

[Read More](#)