



Majida

Digital Creator & Life Coach Specializing in Psychology and Self-Awareness

Saudi - Saudi Arabia

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Who is Majida

Majida, widely known online as "MJay," is a prominent Saudi digital creator and life coach specializing in self-development and mental wellness. She focuses on simplifying psychological concepts and making them applicable to everyday life, creating content primarily for an Arabic-speaking audience with a modern and engaging approach. Her work covers a diverse range of topics, including self-awareness, personal development, healthy relationships, and navigating psychological challenges. Through her social media platforms, Majida offers practical insights and advice to help her followers achieve a deeper understanding of themselves and improve their quality of life. Her style combines psychological knowledge with motivational coaching, making her content accessible and impactful for a broad audience. In addition to her free content, she develops and sells specialized digital products, such as workbooks and guides, designed to provide practical tools for those committed to personal growth.

Achievements of Majida

Majida has developed a series of digital products aimed at supporting her followers' self-awareness journeys. A notable achievement is the creation of "The Self-Discovery Workbook," a practical guide designed to help individuals explore and understand themselves on a deeper level. She also launched the "Pre-Marriage Guide," a specialized product intended to equip individuals preparing for marriage with the necessary tools and insights to build a healthy and sustainable relationship foundation. These products demonstrate her ability to translate theoretical knowledge into practical, impactful tools.

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