



Nesrin Shoeib

Positive Psychology & Trauma Recovery Coach

Egyptian - Egypt

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Who is Nesrin Shoeib

Nesrin Shoeib is an Egyptian coach specializing in positive psychology, emotional intelligence, and the founder of the "Happyness Course" platform. Her work is dedicated to helping individuals, particularly women, recover from psychological and emotional trauma and break free from the limiting beliefs that hinder their personal growth. Through her digital content on platforms like Instagram and TikTok, Nesrin provides practical guidance and mental exercises aimed at enhancing self-awareness and building psychological resilience. Her philosophy centers on empowering people to understand and manage their emotions in a healthy way, leading to improved personal and professional relationships. She employs a direct and practical approach in her courses and sessions, combining concepts of emotional intelligence with trauma recovery techniques to help her followers achieve mental balance and lead more fulfilling lives. Her content focuses on topics such as setting healthy boundaries, healing from toxic relationships, and reprogramming the subconscious mind to achieve one's goals.

Achievements of Nesrin Shoeib

Nesrin Shoeib founded the "Happyness Course," a comprehensive online training program designed to equip individuals with practical tools for trauma healing and emotional intelligence development. Through this platform, she has successfully reached a broad Arabic-speaking audience seeking psychological support and guidance. She has built an influential social media presence, where she regularly shares educational and inspirational content on positive psychology and recovery. Her videos and practical tips contribute to raising awareness about mental health and provide followers with immediately applicable strategies to improve their daily lives.

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