



Riman Ramadan

Holistic Wellness & Longevity Content Creator

Egyptian - Egypt

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Who is Riman Ramadan

Riman Ramadan is a former corporate executive and an Egyptian content creator specializing in holistic wellness and longevity. After a successful 30-year career in corporate and marketing communications within various multinational companies, primarily in the telecommunications sector, Ramadan made the pivotal decision to leave the corporate world at the peak of her career. This transition was driven by a desire to overcome burnout, rediscover her personal identity, and prioritize her mental and physical well-being. Encouraged by her son, Sherif, who is also a blogger, she embarked on a new journey as a content creator, finding a passion for sharing her life experiences. Through her social media platforms, including Instagram and YouTube under the handle "Rimansworld," she delivers positive and inspiring content aimed at empowering women, particularly those over 40, to lead healthy, happy, and active lives. Her content features simple exercises, yoga, meditation, and emphasizes mental peace and an optimistic outlook, consistently promoting the message that age is just a number. Ramadan has been featured on various television programs to discuss her transformative journey, further expanding her influence.

Achievements of Riman Ramadan

Riman Ramadan built a distinguished 30-year career in the corporate sector, reaching senior leadership positions in marketing and communications within multinational telecommunications companies. This extensive experience provided her with a solid foundation in strategic communication. She successfully pivoted from a high-level corporate career to become an influential digital content creator in the wellness space. She has built a strong personal brand, inspiring a dedicated following with her message of embracing a positive and healthy lifestyle at any age. Ramadan has been featured on popular Egyptian television shows, such as "Zaafaran & Vanilla" on CBC Sofra, where she shared her personal story and wellness advice. These media appearances have solidified her status as an inspirational voice for women in the Arab world.

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