



Saad alrefaei

Relationship and Behavioral Consultant & Author

Kuwaiti - Kuwait

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Who is Saad alrefaei

Saad Al-Refaei is a Kuwaiti consultant specializing in relationships and behavior, recognized as an influential figure in psychological and social awareness in the Arab world. His work focuses on providing specialized counseling to couples and individuals to improve the quality of their relationships and develop their personal and social behaviors. He has gained widespread fame through his social media platforms, where he shares video clips and content offering direct, practical advice on topics such as emotional intelligence, interpersonal skills, resolving marital conflicts, and parenting. Al-Refaei's style is characterized by simplicity and realism, using everyday life examples to clarify complex psychological concepts, which has allowed his content to reach a broad audience. In addition to his digital presence, Al-Refaei conducts training courses and public lectures in Kuwait and various other Arab countries on the foundations of building healthy relationships and self-development. He is also a frequent guest on numerous television and radio programs to discuss family and social issues, solidifying his status as a trusted authority in his field.

Achievements of Saad alrefaei

Saad Al-Refaei authored the book "My Mother's Recipe for a Successful Marriage" (Wasfat Omi Lel Zawaj Al Najeh), which gained significant popularity. In it, he distills his expertise and advice on marital relations in a simple style aimed at young people approaching marriage and newlyweds, providing them with tools to build a stable and happy partnership. Al-Refaei maintains a prominent media presence, having been a guest on numerous prestigious television programs on channels like Alrai TV and the Kuwaiti Al-Majlis TV to discuss pressing social and family issues. These appearances help spread awareness and expand his circle of influence beyond his online followers. He regularly delivers specialized training courses and lectures across the Gulf Arab states, most notably a course titled "Social Intelligence." These events attract large audiences of individuals seeking to develop their communication and interpersonal skills, reflecting his impact as a coach and speaker in the human development field.

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