



Soulafa Selim

Certified Parent Coach and Positive Parenting Expert

Egyptian - Egypt

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Who is Soulafa Selim

Soulafa Selim is a certified parent coach and educational content creator from Egypt, specializing in supporting parents to build healthy, stable relationships with their children. Selim began her career as a pharmacist but discovered her true passion lay in the world of childhood education, prompting a significant career change. Her journey into education started when she encountered the Montessori philosophy while searching for a school for her son. She was captivated by its child-centered approach, which focuses on individual talents and inclinations. Selim dedicated 15 years to working in a Montessori school, gaining extensive experience with children of various ages. This hands-on experience, combined with being a mother of three, forms the foundation of her coaching methodology, which blends educational psychology with authentic values in a practical, relatable way. She is a PCI Certified Parent Coach® from the Parent Coaching Institute, which has further refined her approach to family guidance. Through her social media platforms, Selim shares advice and strategies on daily parenting challenges, such as managing tantrums, setting boundaries, and navigating technology, with a focus on faith-based and conscious parenting.

Achievements of Soulafa Selim

Soulafa Selim developed the specialized workshop "Let My Heart Be at Rest" (ليطمئن قلبي), a training program designed to help parents raise their children with tranquility and confidence. The workshop provides parents with practical tools to strengthen their connection with their children, understand their psychology, and instill faith-based values using a blend of traditional and modern methods. In recognition of her impact on education, Soulafa Selim was nominated for the Twinkl 2023 award as a leading educational content creator in Egypt and the Middle East. This nomination highlights the quality of her content and her ability to reach a wide audience of parents seeking reliable parenting guidance. Selim is a regular guest expert on numerous popular television programs and podcasts, significantly broadening the reach of her educational vision. Her notable media appearances include features on the "Glassroom" podcast and shows on channels like CBC Sofra and Al Nahar TV, where she has discussed topics such as parenting in the digital age and fostering independence in children.

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