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The Egyptian Gazette

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Forum

Get yourself a coach

SHE'S totally disturbed, can't put up with people, and can't even bear her own self. The girl is leaving home for the first time and going a distant college.

Amidst all of this, trying to pull herself together, Paris (the girl's name) hires a coach. This is the plot in the famous American series Gilmore Girls, about a profession that's well known in the United States and Europe. When you feel tired, confused and can't manage yourself, when your life goes off track and everything is out of your control, then you need professional help. You need a coach. "A life coach is like a mirror, in which you express yourself freely and talk about what is agitating you. But a coach is like a magical mirror which answers back and helps use your internal tools," says a 36-year-old life coach called Yasmin Abul Hassan. Yasmin herself has a very special story, being one of the few coaches in our country the Middle East as a whole. "There aren't many life coaches in this part the world, as we only heard about them a years ago. However, they've been around the US and Europe for about 25 years and there are different sorts too: relation coaches, career coaches, children's coaches and many others," Yasmin, who went through a crisis some years ago, when she got divorced and left holding the baby, told the Egyptian Mail. Yasmin, who was originally a medical engineer, was totally shocked by this ordeal, she tried to pull herself together by concentrating on her work. She then suddenly started noticing that lots of people asking for her advice about their personal affairs. "Even total strangers asked me for advice. felt responsible for everything I said, so I started to read more and more about interpersonal relationships. But that was only start." The real turning point came when a friend brought me a book for my birthday called Coach. It's a novel about a medical engineer whose life is falling apart - just like mine - and one of the minor characters in it life coach. It inspired me to become a life coach too," Yasmin recalls proudly.



NOT A SHRINK: Egyptian life coach Yasmin Abul Hassan (R) says that she is not a decision-maker; she only asks the right questions so that her clients can see their problems in a better way.

Gazette Poll

Will inter-faith dialogue meetings promote tolerance in the world?

Yes

No

I don't know

Previous poll results

Will the indictment of Sudanese President Hassan al-Bashir help resolve the Darfur crisis?

Yes 17 per cent

No 64 per cent

I don't know 19 per cent

Email your response to:

gazette-editor@hotmail.com

Prayer Times

Time	Cairo	Alex
Dawn	4.38	4.18
Noon	1.01	12.59
Afternoon	4.38	4.35
Sunset	7.47	8.01
Evening	9.13	9.35

Today's Weather

City	Max.	Min.
Cairo	35	24
Alex	30	24
Sharm	38	27

Exchange Rates

Currency	Buy	Sell
USD	5.2969	5.3236
EURO	8.2706	8.3133
Saudi riyal	1.4123	1.4196

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