



Happy Family Institute

Testimonials are just a note to say “Thanks”

Real people real words




Some of my lovely coachees
2005-2013

Just a note to say thanks!

Contents

Separation & Divorce	3
Life coaching was so beneficial	4
No "Ceiling for Dreaming"	5
A Terrible place in my marriage	6
A maestro radiating remedy melodies	7
Marital Relationship:	7
Parental Relationship:	7
Career & Personal Aspiration:	8
Life coaching will be of great help	9
How Yasmin affected my whole life:	10
My Personal Life:	10
My Bigger Family	10
In my character:	10
At work	11
We need someone to help us understand how to deal with ourselves	12
Personally:	13
Professionally:	14
In My Life:	15
With My Parents	15
Emotionally:	15
I am trying to live the life as it really is and enjoying each & every second in it	16
Yasmin is a great coach	17
Yasmin helped me to change my outlook	18
How my life has changed with the help and support of Yasmin	19
Personally	19
Family Relationship	19
Professionally	20



Just a note to say thanks!


Separation & Divorce

I've been going through a rough time during my separation and divorce. I felt down, hopeless and disoriented. Life Coaching helped me to focus on connecting to myself, understand my life priorities, and be aware of my life choices. I was able to move forward, live consciously, accept life experiences and enjoy changes and small achievements. I would love to keep doing life coaching even I don't have the same problems anymore but we all need to set targets and be prepared for all life challenges.

Yasmin was supportive, good listener, understanding, non judgmental and trustworthy. Her optimism encourages me to move from sadness and anger to acceptance of all life experiences.

She guided me in every step in my self-development by setting targets that I would like to improve or change in my life. Yasmin is professional in same time a very friendly person, I always felt that she is the person who I like to share with my life challenges knowing that she always care about every single thing happens in my life....

Best Regards,
Y. N.



Just a note to say thanks!

Life coaching was so beneficial

Dear Yasmin

This is to write you in brief how life coaching affected my life. I approached Yasmin twice, the first time when all people around were pushing me to take actions which I was not convinced of. The second time was, when I did what I really was convinced of despite others resistance.

In both cases, life coaching was so beneficial because, sometimes during our life, we do need a trusted person to coach us how to live our life like we exactly want. Moreover to train us how to make it work


Many thanks for you Yasmin. I really appreciate your honesty, your care and your patience with me. You never told me what to do. Your assistance and training influenced my goals. It took me some time to develop but finally, I think I was well trained to set my priority, evaluate my capabilities and proceed with my goals consequently.

I hope these short sentences inform and illustrate what's the life coaching and how it affects our lives

Best Regards

Amira

Engineer



Just a note to say thanks!

No “Ceiling for Dreaming”.


Dear Yasmin,

I would like to thank you for coaching me how to communicate with people, and gain friends. How to get the most benefit from time, take time for myself (Training - Playing Music - Reading), how to share quality time with children & husband. How to think positive and not negative, and how to have no “Ceiling for Dreaming”.

Thank you.

D. A

ORACLE DEVELOPER



Just a note to say thanks!

A Terrible place in my marriage

I came to Yasmin Abouelhasan when I was in a terrible place in my life concerning my marriage. I knew intuitively I did not want to go to a psychiatrist who is doing marriage counseling. I don't know how I knew that but I just did.. I wanted someone with "life skills", I did not even know there is such a thing called life coaching, or relationship coaching, I did not even know what she does,, all I knew is saw her on TV. a couple of times and she made sense., and she was not talking about relationships, it was about dealing with grief. The process she recommended made sense.

I never thought I would actually find her and talk to her, but I tried and found her on the web, and took an appointment.

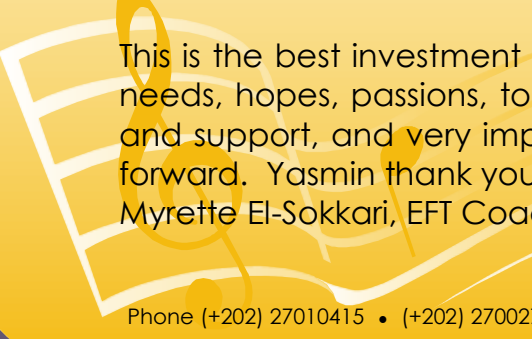
What a journey, it's been almost 3 years, but from day 1 I trusted her, and she has not failed me once. I am not easy to please, and consider myself well read, especially in human relations, so she has to be good for me to continue.

She has coached me into a much better place, she managed to pretty much keep me on track, and at the same time flexible enough to deal with crisis whatever they are, and there were a few.

Not once did she falter, or did I feel she does not know what she is talking about, it seemed to me everything was scientifically backed with research and she really knows what she is doing.


My relationship is miles away from where it started, and I am personally cities away. We did self discovery and wow was that so comforting to know that what I hazily felt, was real, backed by processes and coaching to discover them inside me. She helped me put into words what is missing, develop my passion and be daring enough to take it to the world.

Yasmin's excellent scientific background, and her high ethical values, come together to make a highly skilled, genuine, honest and credible person to trust as a life coach. I recommend her to everyone – and I mean everyone—everybody needs a relationship/life coach.



This is the best investment one can make, to understand one's self, one's needs, hopes, passions, to learn relationship skills, and to have the tools and support, and very important the accountability to a coach to move forward. Yasmin thank you does not say it; my heart says I love you.

Myrette El-Sokkari, EFT Coach, <http://www.myretteelsokkari.com/>



Just a note to say thanks!

A maestro radiating remedy melodies

A "Life Coach"??

I remember the first time Yasmin told me that she will design her expertise to work as a life coach. I thought she didn't get enough sleep and her thoughts weren't that clear. I ridiculed the idea - not in an offensive way though, but I thought it was just silly. Why? Because that was my mindset. Why do you need a coach to help you go through life? How come lots of people went and still are going through life without a coach? The idea made absolutely no sense to me. "But I love you sis, do whatever you want to do."

Truth of the matter is: Life throws at us challenges from time to time. Some we expect, others just catch us off guard. The shoulder to cry on is good for venting frustration and disappointment. But there are some people, like me, who would eventually get sick of the venting and want to change things. Change here isn't to change the challenges because they are quite various in nature already, but to change the approach in handling such challenges, to develop the eye and sense that can quickly identify patterns, predict reactions and be more mindful in dealing with troubles.

Yasmin's coaching touched my marital relationship, my parental relationship, my career and my personal aspirations.

Marital Relationship:

It is a great fortune to have someone you trust who is outside your relationship wiring, to observe and point out with no bias, little things that can prevent a lot of the nagging, fighting, poking and all that relationship spices that turns marriage into a boxing ring.

Parental Relationship:

As adorable as they start-off being babies, as challenging as it gets with every year they complete. No-one likes the crazy mom. Crazy mom doesn't enjoy being crazy either but the kids know all the buttons and they just hit and press sending the mother to an explosive state rapidly. Having someone leaning on the door, watching how things escalate very quickly, suggesting some alternative strategies without pointing the blaming finger or judging, act as a conditioning fire-extinguisher to daily fights.

Just a note to say thanks!

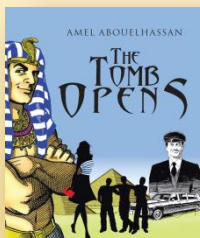
Career & Personal Aspiration:

It is a rare opportunity but always fun to meet people who don't hate their jobs. Our life is busy. We can't lift-up our heads to pause and ask ourselves if we actually like doing what we are doing or not. As long as it pays the bills, then we are holding on to it. Before long we become enslaved by our own wants and chained by our superficial lifestyle. With Yasmin, I identified my likes and dislikes about my work, I identified my strengths and I learnt to dream again. Whenever I have a dream that makes me really happy, I know I can talk to her about it. My nature takes me right away to "How can we make it a reality?" Yasmin lets you enjoy the dream first.


I cannot stress enough how this is valuable. It just makes life really worth-living. This moment of enjoying your own dream before jumping into actions & obstacles. Yasmin then designs the baby steps towards the goals. Works really well to keep the stress level down while steadily moving forward.

I come to understand that a life coach is a friend who despite having your best interest at heart will remain neutral and unbiased; a trust-worthy person who won't get tired of following-up on your progress; a human being who genuinely likes to help others. I am grateful to have Yasmin, who is my sister, as a life coach. She is always there for me.

Not everyone has a heart big enough to accommodate other people's feelings and in this area my dear, you are a maestro radiating remedy melodies to sooth wandering and lonely souls everywhere.



Amel Abouelhassan
Engineer
Business Coach
Published Author



Just a note to say thanks!

Life coaching will be of great help

Dear Yasmin,

I just wanted to share with you my experience with life coaching and in specific with Yasmin Abouelhassan.


I was passing through very tough times at work due to the financial crisis and other matters related to my partners. I was faced with a situation where I had to take important decisions that are very crucial to my career. Adding to that, I also had some problems with one of my daughters and again had to make up my mind of how to deal with these problems in a rational way. I was totally overwhelmed with all what was happening around me and started to be depressed and out of focus.

Thanks to my wife, that has heard about Yasmin from a friend of hers, I started talking to her every Saturday at 8 am. That was very convenient for me, as I function best in the early hours of the day.

After a few sessions of sharing with her all my problems, threats, fears, and concerns, things seemed less tangled. We started to address each matter alone. We set targets and a clear plan to reach such targets. I had a better vision of what I want and how to get there. I was also more positive and focused.

I really believe that if you are passing through a stage in life where you are confused and cannot see a clear path forward, life coaching will be of great help. Thank you Yasmin.

H.A.
Business Owner



Just a note to say thanks!

How Yasmin affected my whole life:

My Personal Life:

WITH MY SPOUSE:

I am married for about 10 years, through most of these years I was dealing with my wife by imitating my parents (Follow by example) and I was totally ignorant of how to deal with your spouse in a scientific way taking the difference between men and women into consideration. But after my dearest friend Yasmin gave me a lot of advises supported by a book "Men are from Mars and Women are from Venus", I changed my way in treating my wife and it now reflects a good relationship instead of regular conflicts and fights.

WITH MY CHILDREN:

I have two sons, and as I mentioned in point number 1, I was dealing with them by imitating my parents, but Yasmin gave me a book "Men are from Mars, Women are from Venus and Children are from Heaven" to understand how children think and deal with them in a correct way.

My Bigger Family


WITH MY SISTER:

There was a problem between my sister and her husband and this problem was exaggerated and came near to divorce and I took Yasmin`s opinion about how to deal with this problem, and she gave me a cassette set mentioning this issue to give them to both my sister and her husband so that they can listen to it together, and this made a great difference in their life and now the relationship between them is good.


WITH MY PARENTS:

There were many problems between my parents and the situation was also coming close to be solved by divorce and when I told Yasmin about these problems, she opened my eyes about the Ice berg, so I took the appropriate actions to solve the problem regarding this issue, and now matters are going fine.

In my character:



Yasmin gave me some comments about not to judge people only give them advice and do not wait for any "Thank you". It made a great difference because I changed from someone who may hate people



Just a note to say thanks!

because they do mistakes (from my point of view) to a one who is eager to make all people better and closer to ALLAH.

Yasmin taught me to always deep think in ALLAH's creation (birds, tree, flowers and many other creatures) and this habit made a great difference in my life and increased the level of faith in myself and made me feel very close to ALLAH.

This also was a backbone in my business development; I was assigned to make a presentation to introduce new software to our organization, and this software is very complicated and I was confused "From where can I start the presentation and at the same time how can I break the ice between our staff and the new system"

And it was a great introduction by showing how the system and the staff are the two wings of our organization that are both necessary to develop our business and without any of them, business cannot be developed. This presentation was a bottleneck in the success of the new software, but it was great by using this introduction to catch the audience attention with a simple and vivid example.


At work

I was in a great hesitation of how to deal with my assistants in informing them about the annual raise but Yasmin gave me an advice to deal with this issue with secrecy and make a sort of competition between my stuff to get the title of best achiever.

There was a great help from Yasmin to me to improve the quality of our coworkers by teaching them how to effectively communicate with each other, it took a great effort from us to prepare a presentation talking about effective communication skills and also it was great.

Thanks to Yasmin for all the efforts she exerted to make my life happier. Again thanks to Yasmin for her efforts, advice, support and caring.

M.S.
IT Manager



Just a note to say thanks!

We need someone to help us understand how to deal with ourselves

Everyone in our life went through lots of stress, agony in search for happiness which affects his personality by a way or another.

For me it was very hard to start over my life after a long time of agony, troubles & bad luck in everything.

I faced a lot of hard times after & before divorce, I fell in love with a guy for 3 years and after a lot of troubles our relation came to a dead end. I asked God to be with him forever and I spent 3 years in my life thinking about him, loving him and trying to be his mother, friend, his lover all at the same time but our relation ended so bad at the end and I got divorced after a month & 22 days from date of official marriage which was a shock for me, my parents and everyone and we ended it up by a lot of troubles and bad events.

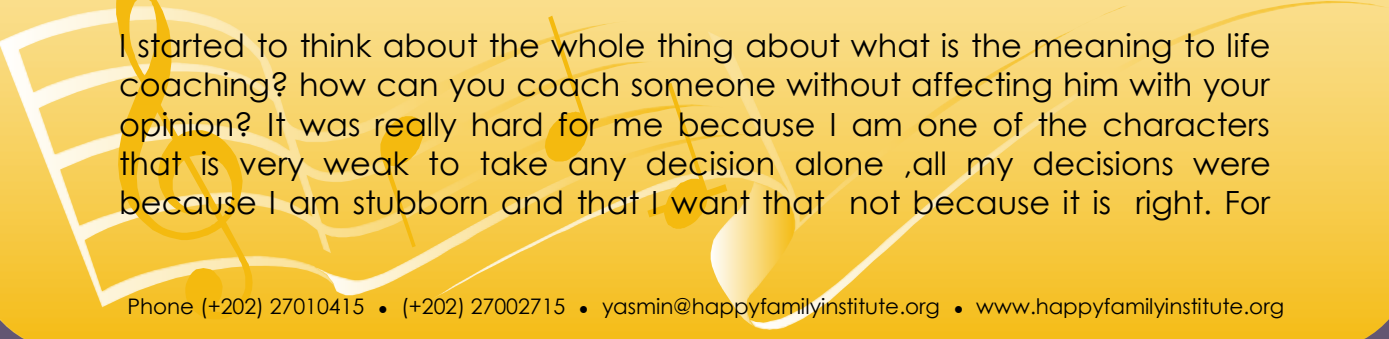
These were the most difficult moments I spent in my life.

Of course after all that, I lost faith in myself, my character changed a lot.


Everything and I mean it everything has changed inside me. I started to feel like I am a loser plus all around me looked at me as if I was really a loser.

Deep inside me I started to destroy myself unconsciously. I started to blame myself all the time while I am working, sleeping, eating, hanging around. I was driving myself crazy, I started to lose interest in my life and in people and for some time I was asking myself why me God ?? I really can't handle all that. Of course I started to lose interest in my work which was the only thing important now. My relation with my parents was bad. And worst of all; I was going to lose faith in myself which at that time felt better for me to die,

That's when I met someone who started to give me support. Yasmin offered to be my coach. Frankly speaking I wasn't sure about that but Yasmin started to tell me more about life coaching. Yasmin started to bring me articles talking about life coaching at a period of my life when I was very hopeless.



I started to think about the whole thing about what is the meaning to life coaching? how can you coach someone without affecting him with your opinion? It was really hard for me because I am one of the characters that is very weak to take any decision alone, all my decisions were because I am stubborn and that I want that not because it is right. For



Just a note to say thanks!

the first time I insisted on something and I was dying to spend my whole life with this guy; I failed to achieve that , I found myself pushing through hell alone, I simply broke down .

So to have someone to coach you by listening to your needs and try to help you to achieve your dreams even if it is an unbelievable dream and to let go of what are left inside me from agony and bad memories and hate, something must be appreciated because I believe that two minds are better than one and so on.....,

Meeting someone like my coach on weekly basics helped me in a lot of things:

Personally:

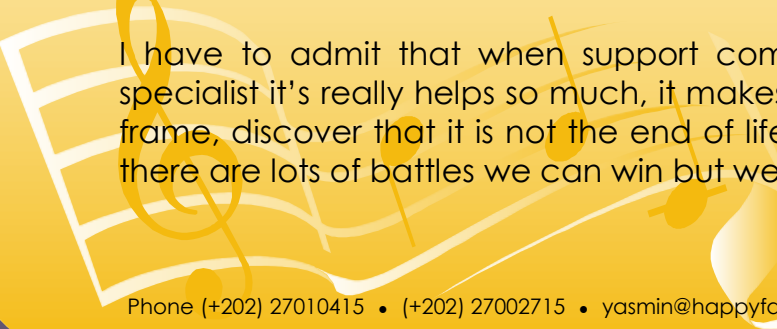
1st thing is how to express my inner feelings on paper like what I am doing now, which is so important to write specially when I am feeling down,

If it's Good so I can use it as a reference to cheer myself up and turn it on in any duration to give myself hope. If it's Bad it will be a very powerful reference to show how much agony and pain I went through and I did overcome it, so life is a simple school but we had to learn from its simplicity to avoid big disasters.


2nd thing how to set my needs and my priorities and arrange them in my mind and write them down.

3rd how to achieve your Goals and your needs that I wished to achieve and in what duration of time?? and how can I move toward this?

4th How can I move towards this achievement? and what if I couldn't achieve what I want ? so how can I handle this!?, how to be satisfied that I did manage a plan to my life no matter it's ending even if I calculate every step. Worst case scenario I couldn't achieve anything, Sometimes God's hands reveal our life which we call it Fate and if this happened how can I accept it happily without blaming myself or blame God .



I have to admit that when support comes from someone talented or specialist it's really helps so much, it makes you discover yourself in a new frame, discover that it is not the end of life that you lose in one battle still there are lots of battles we can win but we only need to face our battle.



Just a note to say thanks!

My coach as someone specialized in her field and in her study helped me to discover a lot in myself & character. All I needed is just thinking, good planning and sheering up.

So like I said I once set a meeting and I sit with her declaring all I want to achieve in the next three years in my life or in another word to re-build myself after 3 years of "coma" like I named my life with this guy.

Professionally:

The 1st thing I achieved with her help was how to change my career? For me I was working in a medical & scientific company as a secretary I took experience , and I learnt a lot of things but , Frankly I didn't find myself in it and I started to lose interest in being a secretary.

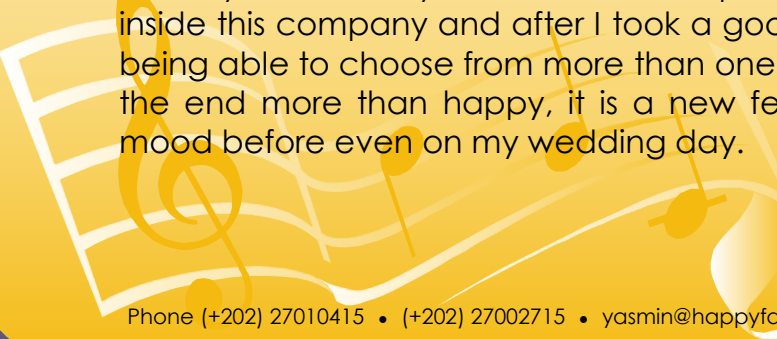
I wasn't sure if it true that I didn't find myself or just immaturity and bad influence from what happened to me so I lost interest in everything., It was hard for me to take the decision by leaving my work so I kept on looking everywhere for a new job in the field that I like " human resources". And finally I found a suitable one for me, I went through a very bad and harsh interview that I was sure they will not take me.


I had the long interview in my life for 2 hours after which I felt that I am a new person with a new mentality and new vision and new life, it wasn't easy for me to take the risk and leave the old one from both sides emotionally and wisely but Yasmin helped me to move on by reminding me always with that papers I write in them all my needs and dreams and how much brave I must be through my life.

From that moment I liked the idea of writing and I understand now her insistence on writing down my feelings.

And I did leave my work and I am willing now to join the new company which I want it, hoping to find myself in as I expect .

After all the events of the work and leaving my old company in which I already knew everyone and I knew quite well how to deal with people inside this company and after I took a good place, very good reputation; being able to choose from more than one good opportunity makes me at the end more than happy, it is a new feeling I didn't find myself in this mood before even on my wedding day.





Just a note to say thanks!

I haven't felt that. My last day at my work was like a high mountain I finally reached its top, after a lot of effort you know this is the first time for me to test victory, successes no words can describe my feelings that I did feel.

In My Life:

With My Parents

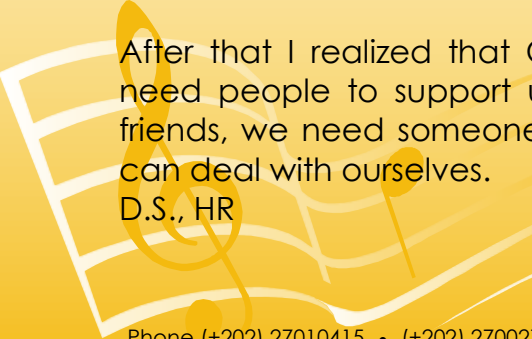
After divorce my life changed 100% specially my relationship with my parents. It did change to worse than the beginning, we are different and there is a gap between us and this gap became wider and wider that I can't handle. So Yasmin helped me to find a good way to deal with them and accept them as they are and without pushing myself. It really was something very hard I am not perfect at; but I am trying, and it is working till now.

Emotionally:

I was attracted to someone who works with me, just admiration, meeting him by accident in any office makes my day and calling his department and hearing his voice was something very sweet, I announced to my coach that I liked him.


Just seeing him or calling him by accident made my day and makes me up and hyper-active and fresh. I was nothing to him. He never noticed me. He never felt what happened to me when I saw him or hear his voice and when I announced that I like him, Yasmin helped me. Yasmin opened a door for me to show myself and Yasmin created chances to meet him and it was my turn to move towards him and to know him well more and make him know me better and I succeeded in this and I think he likes me.

I don't think that these things will be continued but it is nice to set a target for yourself and you try to achieve it and you know I think it is only admiration not more than that but at least I felt for three days as if I am lady, someone cared about me and I am still happy that I now gained a new friend who knows what will happen after that.



After that I realized that Coaching is something important, we always need people to support us, we can't live alone in this world we need friends, we need someone to teach and help us to understand how we can deal with ourselves.

D.S., HR



Just a note to say thanks!

I am trying to live the life as it really is and enjoying each & every second in it

Actually I am not the kind of person who can put what they feel in words, so I will put it in short...

It was really a great honor to me to meet such a great person as Yasmin. She is really one of the people whom I thought they no more exist!! It has been so long a time that I can see anyone trying to help another without something in return!!

Actually before I met Yasmin, I used to think that I am really a mad person, who is really in need for a psychiatric and I was nearly losing hope!! But after I met Yasmin, I found out that things are much simpler than I used to see!!

I will not say that she had the magic stick that took all my pain away & change me completely, But I will say that simply she really helped me a lot to understand my problem, to understand myself & what I really want to do and be !!


For me this was such a great starting point to try to change myself & help myself be better. I am now really feeling so great. I am trying to live the life as it really is and enjoying each & every second in it.


The second point is to be satisfied with what God has given you, to ask God for help & to thank God is your way of happiness always.

This is what Yasmin has taught me.

Thanks a lot Yasmin. I am really thankful for you & I will always remember how positively you affected my life even from few words you told me. Your words were really enough to let me understand a lot of things inside me. Thanks a lot.

M.Gh.
English teacher





Just a note to say thanks!

Yasmin is a great coach


First of all I trust that she will help me and will not tell anyone in the world about anything that is said to her. She gives me many solutions to the issues that I discuss with her. She helps me when my life is so bad and intolerable to live in.

She helps me to be near to God and demand the help from him so I can survive with my problems and make sure that he will give me what I need

I feel relaxed when I talk to her not because she says any phrase to make me calm but she convinces me with word and hope that everything will be ok as I need and how to survive until my hope will be real; this helps me to continue in my miserable life.

She is a nice person and really I hope that she will be a great and well-known coach worldwide.

N.L. Office Manager
National Post Office



Just a note to say thanks!


Yasmin helped me to change my outlook

A couple of months ago I weighed about 85 Kg. Yasmin helped me to lose 7 Kg. in less than two months and we will go on, without considering myself to be "on a diet." This is lifestyle. And this was by:

1. Specifying our target.
2. Working on this target
3. Supporting to continue.
4. Giving me motivations.
5. Helping to work on.

Yasmin helped me to change my outlook, it is great feeling to feel there is somebody who helps and encourages you to take on through the world.

F.Y., Administration Assistant



Just a note to say thanks!

How my life has changed with the help and support of Yasmin

This is a small overview of how my life has changed with the help and support of Yasmin, we wish her an extended happiness and success through her path of giving.

Personally

Yasmin opened my eyes to the facts that:

It is not enough to feel the pain of others without taking any action. We have to have a positive impact on others to help them soothe their pains and live a happy life. Only through our real help for each other, life can go on.

We shouldn't take anything that is beautiful or good for granted, we have to appreciate everything we like and benefit from.

Being sensitive to others as we don't know what their circumstances may be, not to place endless pressure on them and not to use our perception of people and things as the truth.

Family Relationship

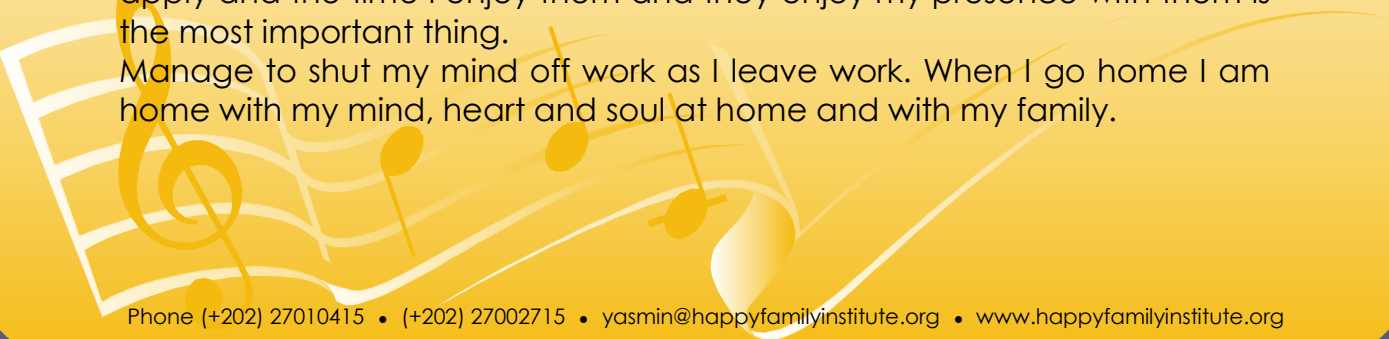
Yasmin has helped me:


Change the way I deal with my family. Most important is how to deal with my own wife. My life has changed to a happier one according to Yasmin's advices on the way to deal with my wife and kids. Whatever I feel is enough to make my wife happy from my point of view does not necessarily be enough for my partner. The feeling alone is not enough, but the real actions that show those feelings and the frequency of showing them, the variation in expressing them and the insistence on making my partner understand how much she means to me are the key to a mutual happiness at home.

Understand that we can enjoy what we are doing at the moment even when we are suffering or tired. Happiness is not a destination that we reach but a joyful journey we take.

Absorb that raising my kids is not just to offer them food, shelter and education. The way I raise my children, the values and qualities that I apply and the time I enjoy them and they enjoy my presence with them is the most important thing.

Manage to shut my mind off work as I leave work. When I go home I am home with my mind, heart and soul at home and with my family.





Just a note to say thanks!

Professionally

Yasmin helped me:

Evaluate myself periodically, and routinely re-evaluate to know what I gained, what I am doing, what I will do and know the positives and negatives of each step.

Understand that it is not enough to excel only in what I do as a JOB or Task at work, more important is to have a vision for creation, innovation and development through continuous education.

Prior to starting any task, I have to first plan for it by understanding my destination and how to reach it in an organized way.

How to organize my time between work and home instead of letting work consume all my time and energy.

Always express my gratitude and appreciation to all who adds to me either by a good job, a help, an advice, or anything useful even a smile.

Organize and well define any reports that I submit to anyone at work so that they can understand what it has to reveal instead of having me all the time to explain.

Maximize the use of my time and eliminate sparing it in useless activities.

O.A.

Accountant