



Nawar Jarakji

A Different Approach to Leadership Training

Nawar Jarakji is a business and mental health trainer with more than 15 years of experience across sales, marketing, leadership, commercial strategy, and mental health. His professional journey combines extensive corporate and commercial experience with academic training in psychology, Cognitive Behavioural Therapy (CBT), and Neuro-Linguistic Programming (NLP).

Nawar works with companies and HR teams to strengthen leadership performance by addressing one of the most important, yet often overlooked, drivers of organizational success: **the mindset and psychological wellbeing of the people leading it.**

His training programs bridge the gap between **business performance and human performance**, helping executives and emerging leaders develop greater self-awareness, resilience, emotional intelligence, effective communication, better decision-making, and a healthier approach to pressure and responsibility.

Rather than treating mental health as a separate topic from business, Nawar brings it into the leadership conversation in a practical, accessible, and workplace-focused way.

Core Training Areas

1. Leadership & Negotiation Skills

Not every negotiation has a winner and a loser. Learn skills of win-win strategies that makes you more relatable, likeable and respected.

2. Mental Health Awareness in the Workplace – CBT Approach

Helping organizations create greater awareness around stress, burnout, emotional wellbeing, psychological safety, and healthy workplace behaviours.

3. Winning Arguments and People – Push, Push-back

Every Push has a push-back. Learn skills on how to present your idea in a professional way, listen effectively, pause, resolve, and win.

4. How to Sell Better and Win People's Hearts

Building the confidence and awareness needed to handle challenging conversations, feedback, conflict, and interpersonal dynamics.

5. Become Better at Reading Body Language

Understanding body language should come natural to every individual as it is more intuitive than a mental process. Learn skills on how to communicate more effectively by “seeing” the person in front of you better.

The objective is simple:

Better leaders. Healthier mindsets. Stronger performance.