

## My Services

### Holistic Coaching

I offer personalized goal and solution driven guidance, and coaching.

#### Private & Individual Coaching for:

- stress-related situations and crises
- imminent job change or when faced with major changes in your career path
- change and redirection of old habits and methods
- the need to balance your working life with your personal life
- the desire to discover hidden strengths and new potential
- identify and free yourself from obstructive beliefs and dogmas

#### Companies and Employees:

- change processes within the company or individual teams
- leadership bolstering; conflict management resolution; time and self-management structuring
- stress management
- for those who wish to polish their adeptness in soft skills and people management
- and desire to sharpen skills of perception and image

### Certified Physiognomy Consulting

In addition to coaching – I can also prepare for you:

- differentiated personality analysis reports through the “reading” of individual facial features

I also provide insightful techniques into methods of “visual knowledge of human nature” (“Face Reading” and “Lie-Detection Skills”) within the scope of my

- lectures, theme evenings, seminars and workshops

### Consulting

### Interim Management

## How to contact me

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For further information, dates, fees and details regarding the content of my lectures, workshops and seminars please visit my homepage.

[www.samyahashish.de/en/](http://www.samyahashish.de/en/)



## SAMYA HASHISH

Professional Business Solutions  
Consultant . Interim Manager . Coach



“BE THE CHANGE  
THAT YOU WANT TO  
SEE IN THE WORLD.”

MAHATMA GANDHI

## About me

Change shapes our lives. My own has really changed for the better ever since 2008 when I changed my career path to become an independent freelancer.

Up until that time, I had worked for 15 years primarily in positions of trust and responsibility in the banking and financial sector. During this period, I was able to not only collect all relevant experiences essential to my work as a consultant and interim manager, but also came to learn, above all, what it takes to handle psychological and physical stress, deal with conflicts, and to perform under extreme pressure whilst professionally adjusting to multiple changes.

Human factors and themes have interested and preoccupied me ever since I can remember. I see it as my mission to create a consciousness for responsibility, togetherness, and compromise because value can only grow out of appreciation.

My training to become a holistic coach and a certified physiognomy consultant was triggered by my inclination and desire to counsel and support people, and not just processes and projects. I would like to accompany and assist you in finding your own unique path – with the goal to discover a higher quality of life, and most of all, re-discover more vitality and the joy of life.

As a coach, I practice a “holistic” approach. That said, I will always look at your work and private life as a whole, irrespective of the issues at hand. The body, mind and soul are seen as an embodiment of a single entity, and only when these three parts are in harmony can personal contentment and long-term success be possible. My knowledge of physiognomy may be another component to helping you identify the quintessence of your personality, recognizing your strengths and learning to leverage them to your advantage.

# Coaching

Life never follows a straight line. This I can confirm from personal experience. Fortunate are those who can recognize the opportunities that lie within ongoing or sudden changes, and are able to implement them.

For others, coaching provides a goal and solution oriented supervision and support needed for a short time. Special emphasis is placed on:

- Empowerment through strengthening of the own personality and self-confidence
- Recognizing hidden potential
- Focusing on the possible alternatives for action

By means of a more conscious awareness to deal with actions, thoughts, and emotions, coaching enables you to free yourself of current and often limiting behaviour and thought patterns. This opens up new perspectives and room for manoeuvre, which, up to now, you may have been oblivious to, and allows for a positive change and shift to happen.

Coaching is just as interesting and rewarding for individuals as it is for companies and their employees or for independent entrepreneurs.

The moment you decide:

- you want to change a situation
  - you need to seek an alternative course of action
  - you want to frame your goals and visions more clearly
  - you want to straighten out issues important to you
  - you want to resolve a conflict involving external circumstances and parameters or individuals –
- this is when coaching is right for you.

I work with perceptions and methods derived from, among others, systemic coaching, positive psychology, useful techniques from NLP, time and self-management tools, and energy work coupled with the teachings of both the Western and Eastern world philosophies.

# Physiognomy Consulting

Physiognomy is the art of determining character or personal qualities and potential of a person by “reading” certain facial features, expressions and body language.

The techniques and knowledge of this empirical science are applied and imparted within the scope of:

- individual personality analysis reports – either at the beginning or during the course of a coaching process – if desired
- lectures, seminars and workshops for individuals and companies

## Face Reading

Identify your own skills and tendencies as well as those of others by means of the ABC of Face Reading, and thus, learn to generate a better understanding of yourself and others. Eventually, you will become more poised in dealing with other people – both privately or in business.

Face Reading aids in helping you to deploy your potential efficiently, as well as in the understanding and appreciative approach in relationships and anywhere else where people are interactive.

Would you like to know whom you are really dealing with by means of these simple tools? Those with this training will be able to size up their counterparts within seconds, access their needs and adjust accordingly to their level of communication.

You can learn these skills in my fascinating lectures and workshops.

**”TO BE YOURSELF IN A WORLD THAT’S CONSTANTLY TRYING TO MAKE YOU SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT.“**

RALPH WALDO EMERSON

## Unmasking emotions

There are about 3000 facial expressions – across all cultures – from which all human emotions can be identified. Truths as well as lies will all register on our faces.

Identifying and uncovering lies is not an easy skill if you do not know what to look for. However, with a little practice you can learn to see through any business or personal encounter, get right to the truth, interpret suspicious signals, and thus, detect attempts at deception instantly. These communication secrets reveal what is hiding in plain sight in every business meeting, job interview, and negotiation.

In evening lectures or a one-day-seminar, you can:

- broaden your background knowledge
- learn why we lie and how lies have managed to become so rampant in our civilization
- learn that liespotting encompasses much more than the simple analysis of the behaviour of your fellow men
- learn about the most important clues to deception and the basic rules of lie-detection

**”THE MORE MAN MEDITATES UPON GOOD THOUGHTS, THE BETTER WILL BE HIS WORLD AND THE WORLD AT LARGE.“**

CONFUCIUS

