

— THE APPROACH

Clinical calm meets Islamic grounding. I'm Reda Zayn, a medical doctor and faith-centered mindset coach for Muslim women. Coaching here is unhurried and private: we look honestly at what's weighing on you, then build small, sustainable habits anchored in sabr, tawakkul and self-compassion — never shame.

Understanding

We name what's really happening beneath the surface — the thought, fear or pressure.

Goals & habits

One clear, doable step at a time, chosen by you rather than prescribed at you.

Faith-centered

Practical tools held together with du'a, perspective and rahmah.

— INSIDE A 40-MINUTE SESSION

- **Settling in** First 5–10 min
A salam, a breath, and one simple question: how are you really doing today?
- **The heart of it** Next 15–20 min
We unpack what's going on with honesty and rahmah — never blame.
- **One clear next step** Final 10–15 min
A habit, a boundary, a du'a, or a kinder inner voice for the week ahead.

— WHAT TO BRING

- A quiet spot and headphones if you can.
- One situation or feeling — it needn't be tidy.
- A notebook for the step you choose.
- Permission to arrive exactly as you are.

— SCOPE & BOUNDARIES

- Coaching — not therapy, diagnosis or treatment.
- Not a crisis or emergency service.
- Not fatwa; scholarly questions go to scholars.
- Referrals are handled calmly and privately.

— HOW TO APPLY

- 1 Read the scope so you know what coaching is — and isn't.
- 2 Send a short application at sabrandbloom.cc — a few minutes.
- 3 Watch your email; you'll hear back personally from me.
- 4 Book your first 40-minute call once accepted.

— AT A GLANCE

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