

FREEHA AHMAD:

Speaker | Trainer | Facilitator | Author | Accredited Coach | Clinical Hypnotherapist



BIO:

Freeha Ahmad is a speaker, facilitator, author, accredited coach, and clinical hypnotherapist based in Birmingham, UK. She is the author of ***Problems Are Presents***, a personal development book exploring how life's challenges can become opportunities for growth, self-awareness, and positive change.

With nearly a decade of experience supporting individuals through personal and professional challenges, her work focuses on self-worth, emotional resilience,

Freeha Coaching Academy & Clinical Hypnotherapy

51 – 52 Calthorpe Rd, Edgbaston, Birmingham B15 1TH United Kingdom

limiting beliefs, and the hidden patterns that influence how people think, feel, and show up in their lives.

Holding a Master's degree in Mass Communication alongside professional qualifications in coaching, facilitation, and clinical hypnotherapy, Freeha combines practical insight, reflective storytelling, and transformational learning to create engaging and thought-provoking conversations around personal growth and human potential.

EXPERTISE:

- Coaching & Personal Development
- Clinical Hypnotherapy
- Facilitation & Transformational Learning
- Self-Worth
- Emotional Resilience
- Limiting Beliefs & Behaviour Change
- Anxiety, low mood
- Neuroplasticity

SPEAKING TOPICS (among others):

- Self-Worth Beyond Achievement
- Coaching related topics
- Mindset
- Limiting beliefs
- Emotional resilience
- Mind body connection memory isn't just saved in brain
- Relationships
- Male female psychology
- Live hypnosis session
- How mind works
- Conscious and subconscious mind
- Neuroplasticity & Personal Change
- The Hidden Beliefs That Shape Our Lives
- Emotional Resilience in a High-Pressure World
- Problems Are Presents: Finding Growth Through Challenges
- Understanding Limiting Beliefs and Personal Change
- Personal Transformation
- The P.R.E.S.E.N.T Method™: A step-by-step process for identifying what may be holding you back, letting go of limiting beliefs and unhelpful patterns, and becoming more aligned with who you want to be.
- Live hypnosis session
- How mind works
- Conscious and subconscious mind

- Guided hypnotic meditation (for different goals, deeper relaxation, letting go limiting beliefs, connecting with yourself, identity work, inner child healing) etc.

AUDIENCES:

- Conferences & Events
- Podcasts & Media Platforms
- Corporate Teams
- Women's Networks
- Entrepreneurs & Business Owners
- Universities & Educational Settings
- Personal Development Audiences among others

AVAILABLE FOR:

- Conference Speaking
- Keynote Speaking
- Workshops & Training
- Panel Discussions
- Podcast Interviews
- Radio & TV Interviews
- Corporate/ wellness Events

I am available virtually for international speaking engagements at the moment, workshops, podcasts, media interviews, and training/ workshop opportunities.

CONTACT:

Mobile: 07949 999125

freeha.coachingacademy@gmail.com
info@freehacoachingacademy.com

ONLINE PROFILES:

- www.freehaahmad.com
- www.freehacoachingacademy.com
- www.problemsarepresents.com

Instagram: @freehacoachingacademy

Freeha Coaching Academy & Clinical Hypnotherapy

51 – 52 Calthorpe Rd, Edgbaston, Birmingham B15 1TH United Kingdom

Video clip as a speaker:

https://www.instagram.com/p/DRLKz-OjN8Q/?img_index=4&igsh=dzVydDM4ZDR3aTJ2

Podcast talk:

<https://youtu.be/7Vf04GhY9ao?si=DGhSMLRyijxl8Ekv>

Interview:

https://youtu.be/72Ejys2MjXw?si=ZY4k_GjtrwwNab9v