

Trainer's Profile



Nazia Hajee Abdoula
Empathy Coach

Nazia Hajee Abdoula is passionate about the inner world of the mind. She believes in the power of thoughts and emotions to give life a new direction. As a woman who faced infertility issues, Nazia made a conscious decision to make her mind work alongside her body and witnessed how transformational this has been.

She has been practicing as a People Skills Trainer since 2015 and is an Associate Certified Meta-Coach (International Society of Neuro-Semantics) with a focus on Self-Compassion and Empathy.

Having delivered trainings in Effective Communication Skills and Customer Service Excellence to very different audiences, ranging from Civil Servants from various Ministries to leaders in the private sector, Nazia has addressed the recurring challenge of how to serve from the heart.

Nazia is also a Befriender (Befrienders Mauritius- an NGO that fights for suicide prevention) and uses the creation of safe psychological spaces to help people become more resilient and choose life.

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