

MARYAM AL RAHMANI

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PROFESSIONAL BACKGROUND

- **Pharmacist with experience in hospitals, drug control and registration.**
- **Internationally Certified Lactation Consultant (IBCLC) to help mothers achieve their aspirations in care and provide support and assistance.**
- **A holistic lactation specialist who promotes the whole picture and provides comprehensive care.**
- **Breastfeeding Educator and Trainer of Trainers for Breastfeeding Educators.**
- **Holistic Nutritionist with 3 years experience in providing public workshops and private consultations.**
- **Birth doula from Amani and Lamaze International.**
- **Member of the Tongue-Tie Academy and the first ambassador for the Children's Breath Foundation in Kuwait.**
- **Diabetes educator and counselor**
- **biodynamic craniosacral therapist interested in working with infants**
- **Writer and publisher of more than 10 stories directed at teenage girls, in which she addresses their problems and supports them with positive, valuable messages.**
- **Mother of five, motherhood is the secret to superpowers!**

ACADEMIC BACKGROUND

2002 COLLEGE OF PHARMACY, KUWAIT UNIVERSITY, BACHELOR'S DEGREE: FIRST BATCH.
2008 CLAYTON COLLEGE OF NATURAL HEALTH, USA, MS. HOLISTIC NUTRITION.
2012 DR. NEUFELD'S COURSE, WORKING WITH CHILDREN.
2016 BREASTFEEDING EDUCATOR AND GUIDE.
2017 AMANI BIRTH EDUCATOR
2018 MSC DIABETES CARE AND EDUCATION, UNIVERSITY OF DUNDEE WITH DASMAN DIABETES INSTITUTE.
2018 LACTATION CONSULTANT - INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANTS (IBCLC).
2019 TRAINER FOR BREASTFEEDING TRAINERS AND MENTORS
2021 TONGUE-TIED ACADEMY
2021 THE BREATHE INSTITUTE
2022 HOLISTIC BREASTFEEDING
2024 BODY INTELLIGENCE

SKILLS

Fluent conversation and writing in Arabic and English.
Skills for managing workshops and lectures for both professionals and clients..
Communication skills with high empathy, efficiently and accuracy.
Team player and crisis management expert.
Passion for learning and learning for more.

PRACTICAL EXPERIENCES

2002 - 2003 Farwaniya Hospital - Pharmacist
2003 - 2005 Drug Inspection and Control Department - Pharmacist
2005 - 2008 Community Centre of Montreal and Toronto
2009 - 2012 Lecturer, educator and guide in nutrition and healthy living
2016 - 2018 Breastfeeding Educator and Guide
2019 - 2020 Assistant Lecturer at the College of Pharmacy, Kuwait University
2018 - Present Internationally Certified Lactation Consultant (IBCLC)
2022-Present Tongue Tie consultations and difficult breastfeeding issues

COMMUNITY SERVICES

Volunteer as a speaker and participant in many events specialized for children and families. Member of the Board of Directors of the Birth Kuwait Volunteer Group, specialized in supporting, educating and empowering mothers. Member of the Social Reform Volunteer Association, a non-profit organization specialized in charitable work and preserving and planting values in society. Founder of the Pharmacy Students Association, specialized in supporting and assisting students. Founder of the Children's Holiday Club in Montreal, Canada, which is the only one of its kind that provides a suitable, safe and entertaining environment for expatriates there.

