Towards a fruitful life, a platform for self-development / specifically designed to address the life of women with disabilities. with me Maha- a mom and academic / and me Fadi, a psychotherapist and expert in human relations/

No matter where you are / in Arab countries or around the world / you will get to meet women with disabilities / and build a network of supporting relationships / and we will share together the story of change / faith / and success.

This MOOC is based on the following golden rule / “the quality of our relationships determines the quality of our life and the extent of our happiness”//

Sarah from Lebanon / Dina from Egypt / and Amal from Tunisia / will accompany us on a journey based on the latest concepts and practical tools inspired by positive psychology / and the most important contemporary schools in personal and relational growth / for you to acquire all the skills needed to become the pilot of your life/

With full of energy and enthusiasm, we’re ready to kick start the journey of change with you and with anyone who would like to live a one-of-a-kind experience //