



Sonia M. Samarani
Samir Al Naddaf Building – 5th Floor
Voice: +961 70 211 621
e-mail: Sonia_samarani@hotmail.com

Objective

Challenging position to invest, be influential, and develop my skill set.

Work Experience

2018 – Present: Free-lancer certified Public Speaker, Emotional intelligence, Life Coach.

- Public speaker, Emotional Intelligence trainer and influencer, training over 50 people.
 - Instructing them into developing many different type of speeches.
 - Understanding body language.
 - Overcoming their fears.
 - Empowering the mindset.
 - Developing healthy correlations in their personal life, and with their co-workers.
 - Self-awareness.
- Conducting Lectures for Many NGOs including motivational speeches, performance speeches, etc...

2016 – 2019: Assistant Manager at Maronite Diocese of Antelias and Institute of higher religious education.

- Editing Religious news, following latest events.
- Inventing new articles and prayers.
- Managing social media accounts, promoting online contents.
- Creating filing system for all students and staff.
- Keeping careful records and submitting reports.
- Organizing Events for many occasions.
- Managing paper work for all staff and students.
- Create procedures to insure work will meet the right expectations.

2015 – 2016: Telelumiere, Propaganda Production

News anchor and editor, reporter, TV presenter and content producer.

Education

2019: Life Coach, Coach Masters Academy, ICF accredited, Lebanon.

2018: Emotional Intelligence, UDEMY, USA.

2018: Business Public speaking, UDEMY, USA.

2017: Public speaking, Four Life, Badaro, Lebanon.

2015: BS Communication arts in journalism, Notre Dame University Louaize, Lebanon.

GPA: 3.58.

Hobbies and interest

Singing and reading.

References

Available upon request.