

Introduction post:

1

Hi LinkedIn, it's been a while so I'd love to reintroduce myself today.

I'm Firdaoussi — a Negotiation Business Consultant.

I help corporate leaders reclaim their lives by teaching them how to liberate themselves from burnout conditioning, and find balance in their mind, body and spirit.

The way I work is very intuitive, which is often exactly what busy CEOs need to experience to get out of their heads, and into their bodies.

I teach you how to take care of yourself, and how to finally put your needs first.

So we pay a lot of attention to your habits and self care. And we'll look at your emotional life too. If you're in a state of constant stress like so many CEOs... there are some simple changes you can make in your inner world that could positively impact the rest of your life.

We are all such amazing beings full of potential... but when we're working ourselves into bad health and stress, we're like a prisoner in the system.

When you connect with yourself, you can liberate yourself.

I've worked in corporate as a purchasing consultant for over 14 years, and my transition into my new business has taken me on an incredible journey through meditation, dance, fitness, self development — and falling in love with my body and all the things it can do!

I want the same for you. For all of us.

If this resonated with you, send me a DM!

Alternative Version of Post 1:

Hey LinkedIn — I'm Firdaoussi Nouzlat, a Negotiation Business Consultant on a mission to reconnect corporate leaders with their real source of power...

Themselves.

Alongside working as a purchasing consultant for over 15 years, I've also been on a huge personal path to connect with my mind, body and spirit.

In the corporate world, burn out gets rewarded.

So many of the stressed out CEOs and founders I've worked alongside over the years were operating from a place of constant stress.

But it doesn't get the best results!

I've built a reputation as a highly skilled negotiator by:

Nurturing myself

Knowing what my needs are

Learning how to communicate, and listen

Connecting to my energy, and learning how to read the energy in the room

So now I'm here to show you how to master the real Art of Negotiating, so you can create the life of your dreams.

When you connect with yourself, you liberate yourself.

It's great to be back. If this resonated with you, send me a DM!

#negotiation #leadership #balance #confidence #collaboration

2

You can spend your whole life hiding from your truth. But it won't get you anywhere.

Sometimes my clients need a safe space to open up, and be 100% truthful not only with me, but themselves.

I once had to gently tell a Director client to "stop hiding". It opened up a powerful space of honesty that enabled him to become courageous, look his problems in the face, and transform his habits.

We all hide. We all have things that make us feel vulnerable.

And sometimes we need someone to lovingly call us out, so we can move through the things holding us back.

I create a safe space for Directors, CEOs, and leaders to come out, and stop hiding.

You have to project so much power and confidence all day long... What would it be like if you had a space where you felt safe to be vulnerable, so you could get to the heart of what *you* need?

You spend all day thinking about the business, thinking about the team, thinking about your family....

Opening up to your truth is the first step to take towards looking after yourself.

There's no shame. There's no judgment.

You are a human being who deserves to feel good.

I'm @Firdaoussi Assoumani, a Negotiation Business Consultant for corporate leaders. I help CEOs and Directors reclaim their lives — reconnecting you to your mind, body and soul so you can negotiate the life you really want.

DM me to learn more.

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3

Your office job is more dangerous than you think.

We are just not made to be seated 8 hours a day.

But of course when you've worked your way up to a leadership role in corporate, you're so committed you lose count of the hours you're sat down in a chair.

In our modern society, you don't even have to go anywhere to buy anything. You can just have it delivered.

Before you know it, you're living a sedentary lifestyle.

And it's a problem that just goes round in circles.

The less you move at work... the less you move outside of work.

And it's having an impact on your mental health too.

If your energy isn't moving around, everything is just stuck.

We have to wake up to the fact that our world is not currently designed for our health!

If we want to enjoy strong, healthy bodies into our old age, and to feel more connected to our bodies right here and now — we have to combat it with our choices.

If you've forgotten what it's like to move your body regularly....

I promise you that falling in love with moving will be one of the best gifts you ever give yourself.

It can be as simple as setting a timer on your phone, and to stand up and stretch a little every 45 minutes.

Start today. Stand up. And stretch! 😊

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4

5 signs that you're a corporate leader who can't switch off:

1. You eat lunch at your desk
2. You're micromanaging your team, and you don't know how to stop
3. You say yes to too many meetings

4. You don't cook dinner at home

5. You feel grey and joyless, and struggle to connect with people on a social level at work.

I promise you — you can still be amazing at your job, and find a better balance that makes you feel happy to be alive.

My work is all about reconnecting you to your true self. Mind, body and soul, so you can live a free and blissful life.

Some of the changes will be small.

New habits. Tiny routine changes.

And some of them will change your entire life, shifting the way you see yourself and your relationships.

I've been working in corporate for over 15 years, so I understand how easy it is to fall completely off balance, and burn out.

In our modern world, so many of us don't even know how to treat our bodies well.

One thing I know for sure — it doesn't have to stay this way.

Getting in touch with your body is the secret to a happy life.

When our bodies feel good, we feel good.

Now the question is... are you willing to start the journey?

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I taught my client how to use the word 'no'... and it changed her life.

Ask yourself honestly... When's the last time you politely but firmly declined something you didn't want to do?

And when's the last time you said yes to something because you felt like you had to?

Every time you say 'no' to something you don't want to do, you're protecting your time. You're protecting your energy. And often you're protecting your relationships, because you're being more honest.

Our culture has conditioned us to always say YES.

We're just so afraid of rejection.

And we were never taught how to set healthy boundaries.

Learning this simple communication tool can transform every area of your life.

My client got so much time back. And she became so much happier, released from all the resentment that was just sitting there inside her.

My clients are corporate leaders & CEOs — but they were still brought up in the same toxic, confusing culture as the rest of us.

What would change in your life if you knew how to say a polite, but firm....'no'?

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If you're ready to get to know yourself, nurture yourself, and step forward into the version of you that advocates for themselves and their needs — my free consultation booking link is in the comments.

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6

(powerful picture of Firda)

In 2015, I had the breakdown that led me to becoming the **human centered woman** I am today.

It was a combination of things. A build up of sadness, a lack of purpose, and painful circumstances in my personal life.

But it was the overwork and lack of balance in corporate culture tipped me over the edge.

I loved my career as a purchasing consultant — but unfortunately our working world is currently not designed around human wellbeing.

And we are suffering!

After going into a state of depression and total breakdown, I started looking for solutions.

Eventually, I found meditation. Although... it might be more accurate to say that meditation found me.

I went on the journey. I learned how to practice it daily.

And once I started getting to know my own mind, so many positive changes followed that transformed my life.

During the pandemic, I fell in love with exercise and movement. I discovered just how joyful it can feel to move your body, to feel at home in your body.

And I also found many ways to take care of your mental, physical and spiritual health.

Our entire workforce is crying out for support. In my years as a purchasing consultant, I worked closely with many brilliant Directors and CEOs who were having the life crushed out of them by their jobs.

Now I help corporate leaders reclaim their connection to their lives, and find their own way back to balance.

If enough of us learn how to prioritize and take care of ourselves, we will change corporate culture for the better.

What corporate culture shifts do you think we need the most?

I'm @Firdaoussi Assoumani, a Negotiation Business Consultant for corporate leaders. I help CEOs and Directors reclaim their lives — reconnecting you to your mind, body and soul so you can thrive inside and outside of work.

Follow me for life changing corporate wellbeing tips.

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7

The most important negotiation in your life? The one you make with yourself.

If you want to change your life, you have to negotiate with yourself.

You have to take a good look at what's important to you.

You have to look at the resources you have available.

You'll have to make some hard choices.

One thing I know for sure — it's a lot easier to ask yourself for bigger and bolder actions when you're taking care of the basics.

The big ambitious stuff you dream of becomes possible when you take better care of yourself.

In my experience, it all comes down to the internal work.

Maybe that big deal would be possible if you were taking care of your inner child?

Maybe you'd position yourself for that promotion if you worked on your Imposter Syndrome?

Maybe you'd be able to embody the person who gets the contract/sale/speaking appearance if you were getting deep sleep and exercise?

When you're negotiating with yourself for the life you really want — every act of self care is something you're bringing to the table.

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8

"How did you manage to get that deal?!"

And my answer is always... I just feel it.

I can feel who is going to go which way.

I can sense what their underlying needs are.

And I'm bringing a clear position to the table — because I'm certain about my vision, where I want to go, and how the other party can meet me there.

The way we feel is a massively undervalued aspect of negotiation.

Underneath the numbers — there is a whole layer of emotion swirling around between you.

When you're tuned in to yourself... you can feel it.

And you can work with it to get really fantastic deals that make everyone feel like a winner.

Would you like to learn how to do this? Do you use your emotions and intuition in important negotiations already?

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9

People forget that a negotiation is just the beginning of a relationship.

If you are horrible to deal with

People go hard in negotiations... acting like they need to conquer and dominate.

But then they'll end up having to work with that person for the next 6 months or more.... And it's awkward.

Negotiations are just the beginning of relationships/partnerships

The outcome should feel like a win-win.

Everyone's needs should be balanced.

Everyone should feel heard.

The aggressive stereotypes around negotiation need to go.

Ask yourself — what can you do to make this negotiation process fruitful for all?

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10

3 valuable life lessons I learned from the ART of negotiation

✨✨ Speak up for your needs

If you want results in life — you need to be extremely clear about what you want — and you need to be bold and actually ask for it

✨✨ Ask, and you will be answered

It's easy to think that you know what the other person is thinking... but it could be your projections and conditioning making up a story. The only way you'll know for sure is if you ask them, and listen deeply.

If you don't ask, you don't know.

If you don't ask, you don't get.

Good communication involves asking more questions.

✨✨ Be OK with receiving a 'no'

Don't shut down and get upset when someone tells you 'no'. Stay open to the possibilities that may still exist. Get curious, and give the person your full attention to understand their position.

Most of all, negotiation has taught me to believe that I deserve what I want.

And to ask for it with compassion, skill... and determination.

I'm @Firdaoussi Assoumani — a Negotiation Business Consultant. I teach people how to access their full potential and ask for more in life with a new paradigm of negotiation skills.

If you're ready to get everything you want in life and step forward to a version of you that gets the best deals for everyone involved — send me a DM.

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