



*Empowering Individuals and Organizations
Through Strategic Learning, Leadership
Development & Transformational Growth.*



THE PHILOSOPHY BEHIND BREAK THE CHAIN

Breaking Limiting Patterns.

**Building Meaningful
Transformation.**

Break The Chain (BTC) was founded on the belief that growth begins when individuals and organizations challenge limiting patterns, outdated thinking, and unproductive systems.

We help professionals, leaders, entrepreneurs, and organizations unlock their potential through transformative learning experiences, strategic coaching, and internationally aligned development programs.



Meet the Founder

Dr. Riham Jaber

Dr. Riham Jaber is a Business Administration expert, international trainer, and coach with 15+ years of experience in Europe & the Middle East.

Her background combines business leadership, training design, coaching, organizational development, and strategic growth, enabling her to deliver development solutions for both individuals & organizations.



Doctor of Business
Administration
(DBA)

Certified Digital
Transformation Manager
IPMA Level D (Project
Management)

International
Trainer of
Trainers (TOT)

Certified Life Coach,
NLP Practitioner

What We Offer & Our Promise To You

1-on-1 Coaching

Gain clarity, confidence, and a personalized strategy that empowers you to make informed decisions and reach your goals.

Workshops

Acquire invaluable, hands-on tools that empower you to drive significant, measurable progress.

Training Programs

Cultivate Skills to Boost Performance, Leadership, and Influence.

backed by USA & UK accredited, and Internationally recognized certifications.

Digital Products

Practical Resources for Your Personal Growth Journey with tools designed to help you make progress at your own pace, including journals, planners, and self-help notebooks.

Business Coaching

Develop a vision and strategy to facilitate the growth of your project and enhance decision-making effectiveness.

Our 5x5 Framework

The 5x5 Method is simply how we structure everything we offer.

we have 5 core services. 1-on-1 Coaching, workshops, training programs, digital products, and business coaching.

Each one is designed to move you forward in 5 essential areas. Clarity. Confidence & mindset. Performance. Leadership & influence. Business growth.

Our 5x5 Framework	Clarity	Confidence & Mindset	Progress & Performance	Leadership & Influence	Business Growth
1-on-1 Coaching	X	X	X	X	X
Workshops	X	X	X	X	X
Training Programs	X	X	X	X	X
Digital Products	X	X	X	X	X
Business Coaching	X	X	X	X	X

Who We Serve

Individuals

We support professionals, entrepreneurs, students, and aspiring leaders through transformative learning & coaching focused on:

- Personal Development
- Career Growth
- Leadership Skills
- Confidence & Mindset
- Communication Skills
- Emotional Intelligence
- Goal Achievement
- Professional Development

Companies

We partner with companies and institutions to strengthen workforce capability and organizational performance through:

- Leadership Development
- Employee Upskilling
- Team Performance Enhancement
- Change & Transformation Support
- Strategic Thinking Development
- Communication & Collaboration Training
- Business & Operational Excellence

Signature Programs

Our programs are designed as learning pathways that combine multiple courses, workshops, coaching methodologies, and practical development experiences. Each pathway can be customized to individual, team, or organizational needs and may be delivered through one-on-one coaching, group training, corporate workshops, or certification-based learning journeys.

Business & Management Program

Business strategy, management excellence, operational performance, and sustainable organizational growth.

Project Management Program

Project planning, execution, governance, risk management, and delivery excellence. PMP exam preparation

Training of Trainers (TOT) Program

Trainer development, facilitation skills, instructional design, and learning delivery.

Business Coaching & Professional Development Program

Professional growth, business coaching, leadership effectiveness, and performance enhancement.

Life Coaching & Personal Transformation Program

Mindset development, emotional intelligence, confidence, resilience, and personal growth.

Leadership & Organizational Transformation Program

Leadership development, organizational change, innovation, and high-performance culture.

NLP & Mindset Transformation Program

Behavioral transformation, communication mastery, mindset development, and personal effectiveness.

Professional Skills Development Program

Communication, productivity, critical thinking, workplace effectiveness, and professional success.

Language & Business Communication Program

Business language proficiency, professional communication, and cross-cultural effectiveness.

International Accreditation & Certification Network

Our certificates are accredited by the American Group for Managing Educational Projects (AGMEP), which includes 14 specialized institutes. When you complete a program, you receive a certificate from the institute that matches your industry.



AGMEP

American Group for
Managing Educational
Projects



AIPS
American Institute
of Professional Studies



AIHC
American Institute
of Healthcare and Hospi
Management



GCLAIP
Global Council for Law,
Arbitration and Intellectual
Property



GITH
Global Institutes of
Tourism and Hospi



GAEE
Global Association
of Electrical Engineers



IAAMC
International Academy for
Art, Media and Creativity



IAHS
International Academy
for Homeland Security



IAOSHE
International Association
for Health Occupational
Safety and the Environment



WSF
World Sports Federation



SWAC
SouthWestern
Accreditation Council



U.SIA
U.S Industrial Accreditation



ASPE
American Society of
Professional Engineers



AISN
Academic Institute
for Special Needs

Why Break The Chain?

Customized Development Solutions

Tailored learning pathways aligned with individual and organizational goals.

International Standards

internationally recognized accreditation frameworks and professional certification

Practical Learning Experiences

Programs focused on real-world application and measurable outcomes.

Human-Centered Transformation

Combining professional growth with mindset, leadership, and behavioral development.



Contact us

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LET'S GET IN TOUCH