

Mustapha Ali Rkein

Development and Wellness Advisor



Contact

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Education

- Nabatiyeh College, License Technique, Nursing, 2013
- MBA, Healthcare management and Quality, Lebanese university, 2020
- PHD, Hospital Management, Dalton University, 2022

Objective

A family man and father of two children, I studied nursing care and started working in it since 2007, and gradually assumed responsibilities until 2012 when I found my passion in the field of mental health. The work was parallel to caring for patients on a physical and psychological level. I became a uniquely qualified nurse and an expert in early detection of health problems and providing care for them. I developed my skills in the education and training process until I possessed all the necessary qualifications to practice professional nursing and am more than capable of providing a high level of individual care for those I care for, as I can be relied upon to always apply evidence-based knowledge to obtain results and achieve best practices. After studying for higher levels and establishing my own training and consulting institution, I invest all my capabilities in community renaissance by providing specialized training courses and consultations that include developing and improving capabilities and enhancing the quality of occupational health and safety in addition to my primary work as a trainer, nurse and administrator at the same time.

Experience

2012 - 2017

Registered Nurse | Nabih Berri University Governmental Hospital, Nabatiyeh

2013 – 2018

Director Nurse | Jwaya Care Hospital

2018 - Present

Head of Staff Development Department, Manager of Quality team | Shifaa Specialty Hospital, Aramoun

2022 – Present

Lecturer and Instructor of Nursing Staff | Al-Maaref university, Beirut

Key Skills

- Computer skills (Word, Excel, PowerPoint)
- Leadership and management
- Effective communication skills
- Cooperation and teamwork
- Practicing administrative leadership
- The art of negotiation and conflict resolution
- Problem solving skills
- Verbal and presentation skills
- The art of self-motivation
- Time management
- Brainstorming
- Decision making

Activities

2024

Author of a book entitled: The Tax of Understanding (How People Who Understand More Pay the Tax by Taking on More Responsibilities)

2023 – Present

Member of the Board of the Syndicate of Nurses in Lebanon

2022 – Present

Founder and Director of a Private Training and Consulting Institution

BE PRO Company for Training and Consulting

2021

International Consultant in the field of Drug Counseling, Addiction and Psychology

Smart Expert International, Cambridge, United Kingdom

2021

International Consultant in Training, Education and Hospital Management

Smart Expert International, Cambridge, United Kingdom

2012 – Present

Member of the Syndicate of Nurses in Lebanon, Affiliation Number: 10496

Notices

2022

Honorary Doctorate in Human Development and Self-Development - DELLFORD University

2021

Participation in the fight against Covid-19 – Shifaa Specialty Hospital

2021

Follow-up of the Covid-19 Epidemic File in 2021 - Shifaa Specialty Hospital

2017

Preparing a guide for psychotropic medications - Jwaya Care Hospital

2016

Training students of the Faculty of Nursing at the Islamic University - Jwaya Care Hospital

2014

Translation and preparation of a book for burnt children - Nabih Berri University Governmental Hospital

Committees

2023 - Present

Quality Committee - Shifaa Specialty Hospital

2015-2017

Occupational Health and Safety and Infection Control Committee - Jwaya Care Hospital

2015-2017

Quality Committee - Jwaya Care Hospital

2013-2017

Patient Guidance and Education Committee - Nabih Berri University Governmental Hospital

Courses

2024

TOT Related to the National Mental Health in the Workplace Initiative - National Mental Health Program in cooperation with IDRAAC

2024

Bode Language (Level 1 & 2) - Ramak Association

2023

ACLS Instructor - Darajat Academy

2021

ERTC (Course Emergency Room Incident Management) – Sheikh Ragheb Harb Hospital – International Committee of the Red Cross

2021

ACLS - Medtigo

2021

ACLS – Shifaa Specialty Hospital

2021

Opioid Practice Management – Medtigo Medical Education Hub

2021

Training of Trainers (TOT) – International Academy for Capacity Building IABC

2021

Cognitive Behavioral Therapy (CBT) for Post-Traumatic Stress Disorder (PTSD) Patients – International Academy for Capacity Building IABC

2021

Neuro-Linguistic Programming (NLP) – Level III – International Academy for Capacity Building IABC

2020

Emotional Crisis Management (TOT) – National Mental Health Program – Ministry of Public Health – World Health Organization

2020

Patients' Rights – National Mental Health Program – Ministry of Public Health – World Health Organization

2020

Dealing with Coronavirus and Infection Control in Hospitals (TOT), Syndicate of Nurses in Lebanon

2019

ACLS - Saint Paul University Hospital George

2018-2019

Psychiatric Nurse Diploma - Saint Joseph University

2018-2019

Brief Addiction Intervention - Skoun Association

2016

Psychiatric Emergency Management in Emergency

Departments - National Mental Health Program - Ministry of Public Health - World Health Organization

2013-2016

BLS, ACLS - Nabih Berri University Governmental Hospital, Jwaya Care Hospital and Shifaa Specialty Hospital

2013-2016

Electrocardiography and Cardiology - Nabih Berri University Governmental Hospital

2015

ATLS, ATCN - AUBMC

External Activities

2020

Travel to several countries (Nigeria, Dubai, Paris and Qatar) to follow up on the arrival of Lebanese expatriates due to the Corona pandemic – Ministry of Public Health

Giving Lectures

2024

The Impact of Training in Promoting Mental Health - The Third Conference of the Lebanese Trainer - IDAS

2023

From Training to Psychological Advancement (Investing Mental Health in Developing Human Capacities) - The Second Conference of the Trainer Lebanese - IDAS

2023

The impact of training in achieving a balance between work and personal life - The first conference of the Lebanese trainer - IDAS

2023

Training between need and desire (the impact of self-development on productivity and creativity) - The second international conference for training - IDAS

2022

Preparing trainers in the field of mental health awareness (Internal Security Forces officers) - Tyre Company in the Internal Security Forces

2022- 2023

Diploma in specialized nursing in the field of mental health - Al-Fakih Hospital

2022- Present

Media awareness sessions in the field of mental health and combating addiction - Voice of Freedom - Voice of the People - Al-Manar Channel - NBN - Sputnik Arabic

2022- Present

Psychological first aid - International Academy for Capacity Building IABC - BE PRO Company for Training and Consulting

2022- Present

Training of trainers TOT - BE PRO Company for Training and Consulting

2021- Present

The art of self-motivation - International Academy for Capacity Building IABC, BE PRO Company for Training Consulting

2021 – Present

Electronic Addiction - International Academy for Capacity Building IABC, BE PRO Company For Training and Consulting

2020 – 2022

Dealing with Corona Virus and Infection Control in Hospitals – Shifaa Specialty Hospital

2020 – Present

BLS (BASIC LIFE SUPPORT) - Shifaa Specialty Hospital

2019 – Present

ECM (Emotional Crisis Management) - Shifaa Specialty Hospital

2018 – Present

ECT (Electroconvulsive Therapy) - Shifaa Specialty Hospital

2017 – Present

Occupational Health and Safety and Infection Control - Jwaya Care Hospital, Shifaa Specialty Hospital, Arab International Academy

2017 – Present

Management and Leadership - Jwaya Care Hospital, Shifaa Specialty Hospital, BE PRO Company For Training and Consulting

2016 – Present

Time Management - Jwaya Care Hospital, Shifaa Specialty Hospital

Languages

- **Arabic** – Fluent
- **English** – Good
- **French** - Acceptable