

FOUNDING HEALTH COACH



Saša Nikić

PCOS, Nutrition & Health Education

BACKGROUND

GGs-certified
Women's Coaching Specialist
Based in Dubai, UAE

The Global Women's Health Club

UAE

Understanding your health. Finding what fits your life.

Saša brings a women-focused coaching perspective across PCOS, nutrition and health education. A GGS-certified Women's Coaching Specialist based in the UAE, she connects understanding with manageable choices and sustainable habits.

At Nuria, she helps women ask clearer questions, make sense of information and explore realistic changes that fit everyday life.

PCOS EDUCATION

Create space to understand PCOS-related questions and prepare for care conversations.

NUTRITION IN DAILY LIFE

Connect nutrition education with practical everyday choices.

SUSTAINABLE HABITS

Explore manageable changes that fit a woman's priorities and circumstances.

AREAS OF FOCUS

PCOS · Nutrition · Women's health education
Sustainable habits · Everyday health behaviours