



the **placid** place

It's all about you

COMPANY PROFILE

**EXCELLENCE ISN'T ACHIEVED BY ACCIDENT, WE MUST
DESIGN IT, STRATEGIZE IT AND TAKE DECISIVE ACTION.**

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Corporate Profile



About the Placid Place

The Placid Place Limited is a registered company incorporated in Nigeria under the Companies and Allied Matters Act with the registration number 1810728.

We specialize in Capacity Building, Mentorship, Coaching, Counselling, Psychotherapy, and Consultancy. Our holistic approach provides our clients (individuals and organizations) with clarity, direction, and positive support needed to achieve their desired outcomes. We support our clients in achieving their goals by bridging the gap between where they are now and where they want to be. We identify where growth is desired, set goals and objectives, and be accountable for the growth.

Vision Statement

A World where we Empower one another to live purposeful and fulfilling lives.

Mission Statement

Empowering Organizations and Individuals to awaken and Embrace their Innate Potential and Transform Their World.

Brand Promise

Its All about You.

Core Values



Excellence



Acceptance



Empowerment



Collaboration



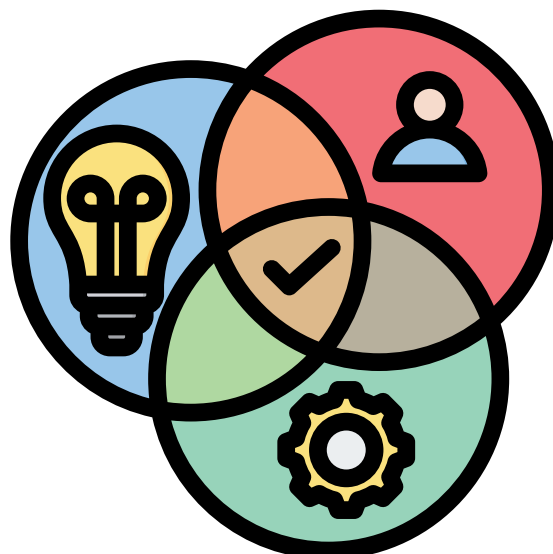
Innovation

Our Expertise

We have a pool of experts in our faculty specializing in specific areas that serve individual Is and organizations of numerous industries. Some of those areas are:

1. **Capacity Building & Training**
2. **Executive Coaching**
3. **One on One Mentorship**
4. **Neuro Linguistic Master Practitioners and Performance Consultancy**
5. **Cognitive Behavioral Therapy**
6. **Three Principles Coaching**
7. **Mental Health First Aid**
8. **And other different forms of Psychology**

We work together with our clients as a smart partnership in providing hands-on solutions to help solve day to day challenges by successfully infusing Coaching, Counseling, and Therapy into training for optimum results.



Our Services





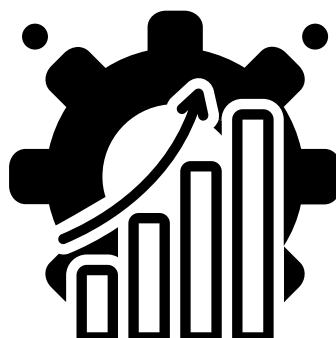
Capacity Building/Traning

We Empower our clients to achieve their strategic objectives by incorporating a holistic way of training and capacity building.

We also structure tailored trainings based on an organazion's need.

Some of our trainings include:

- ▶ **Emotional Intelligence for Improved Performance in the work place.**
- ▶ **Leadership and Development and Coaching Skills for Optimum Performance.**
- ▶ **Communication Skills - Work Ethics, Effective Business Communication & Conflict Resolution**
- ▶ **Procurement Leadership and Negotiation**
- ▶ **Work Life Balance: Time Management Skills; Selfcare for Professionals**
- ▶ **Mental Health First Aid: Awareness, Stigma Reduction & Management .**
- ▶ **Business Development Services: Market Research & Analysis, Sales & Marketing**
- ▶ **Team Building**



The Placid Place offers both One on One Coaching and Group Coaching. We assist our clients in various ways listed below:

- ▶ **By providing clarity and emphasis on your objectives, as well as assistance in developing a strategy for accomplishing same.**
- ▶ **By helping with accountability for making progress towards your set objectives.**
- ▶ **By identifying areas for improvement that you may not be aware of that are preventing you from making progress.**
- ▶ **By helping you create a development plan that focuses on the abilities you will need to reach your objectives.**



Mentoring

▶ At the Placid Place, we continually support and promote our client's personal or professional growth. We achieve same by setting goals, providing feedback, and assisting our clients in focusing on their efforts. As a result, we are frequently patronized by individuals and organizations seeking to improve their employees' talents. Our expertise can aid in the training and development of a high-quality and productive workforce.

▶ As mentors, we help build our mentees' professional network. Once a mentee identifies their professional or personal goals, we help connect them to potential opportunities or individuals who can help them.

▶ The Placid Place provides unbiased advice or opinions using relevant knowledge and experience. With these insights, the mentee can better understand what steps to take and whether to pursue the idea or walk away.



Mental Health First Aid

Mental health first aid is the assistance we provide to individuals who are developing a mental health problem, or having a mental health problem increasing, or are in a mental health crisis. When we become mentally aware we tend to:

- ▶ **Improved communication and interpersonal skills**
- ▶ **Greater self-acceptance and self-esteem.**
- ▶ **Recognition of distorted thinking.**
- ▶ **Greater sense of self and purpose.**
- ▶ **Ability to manage stress effectively.**
- ▶ **Relief from depression, anxiety or other mental health conditions.**
- ▶ **Better expression and management of emotions, including anger.**
- ▶ **Ability to change self-defeating behaviors/habits.**

Counseling is surrounded by lots of stigmas. It is common for people to believe that individuals who seek counseling are somehow "less than" those who do not require such assistance.

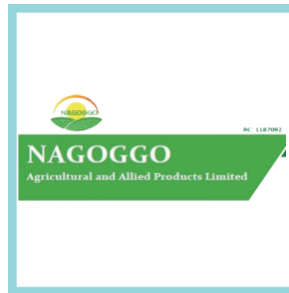
Counseling is valuable to everyone, not only those who require it to address difficulties like anxiety, despair, doubt/lack of confidence, and so on.

At The Placid Place we always:

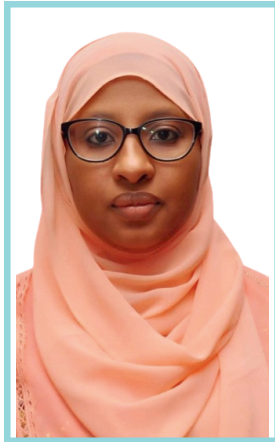
- ▶ **Speak our clients mind**
- ▶ **Help our clients find clarity to on what is disturbing them.**
- ▶ **Provide answers and explanations to each of their questions or doubts.**



Some of our clients



Our Team



**Bilquisu
Muhammed**
Founder / MD

Bilquisu is the Founder and Managing Director of Placid Place Ltd. A Psychotherapy Company.

She is a Coach, a Councilor, a Therapist, a Mental Health Practitioner, Consultant and Trainer. Her holistic and strategic approach to her clients Businesses and Mental well-being has placed her company among one of best in the industry. She is a creative, idealistic and empathetic role model.

As an Emotional Wellness and Transformational Coach, she has attended several training programs in Nigeria and abroad. She has also obtained several certifications from numerous institutions in Nigeria and abroad.

These include but not limited to:

- Certified 3-Principles Coach/Mentor
- Certified Neuro-Linguistic Master Practitioner and Performance Consultant
- Certified Emotional Intelligence & Anger Management Coach
- Certified Mental Health First Aider
- Certified Trainer by Centre for Management Development (CMD)
- Purpose and Potential Discovery Specialist
- Professional Member of the Chartered Institute of Mentoring and Coaching (CICMCN)



Segun Aremu

Segun Aremu holds a B.Sc. in Banking and Finance from Covenant University and an MBA from Obafemi Awolowo University. He is an Associate Member of the Chartered Institute of Stock Brokers of Nigeria, an Authorized Dealing Clerk of the Nigerian Stock Exchange, Fellow Member, Chartered Institute of Bankers of Nigeria and , Fellow Member of the Investment Advisers and Portfolio Managers. Associate Member, Nigerian Institute of Management He has over a decade experience in the financial services sector, with expertise in capital markets, asset and liability management, portfolio management, and investment banking.

Recognized for his transformational leadership, Segun has been honored with the Outstanding Service Delivery Award from United Capital Plc for two consecutive years (2021 and 2022) due to his commitment to client satisfaction. He is passionate about financial literacy , emotional intelligence, leadership, relationship management etc and has trained over a thousand individuals and counting.

Currently, he serves as the Deputy Managing Director of Lancelot Fund & Portfolio Management Ltd and is a faculty lecturer at James Hope Business School. He also collaborates with various training consultancy organizations as a facilitator and sits on the boards of several organizations.

A devoted husband and father, Segun is dedicated to leadership, mentorship, and entrepreneurship, and he is the founder of Peculiar Innovative Consulting Services Nigeria Limited, an investment management and consulting firm based in Lagos.

Our Team



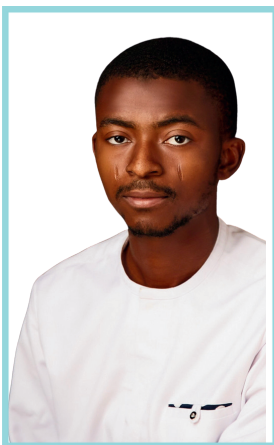
**Maimuna
Umami Abdullahi**
aka Coach Diddi

Coach Diddi is a Master Practitioner of Neuro-Linguistic Programming (NLP), a personal development and mental health coach. She is a member of the Nigerian Institute of Public Relations (NIPR), Nigerian Institute of Crisis Resolution, Peace Building and Coalition (ICRPC), Chartered Institute of Corporate Mentoring and Coaching Nigeria (CICMN) and Association of Neuro-Linguistic Programming ANLP UK. She holds a Bachelors degree in English Language and Certification in Public Relations and Advertising.

She is a Certified Trainer with the Nigerian Council for Management Development (NCMD), a Coach, Counsellor, Mental Health First Aider, Performance Consultant and Member Forbes Coaches Council.

Her key competences include:

- Personal Development Coaching (PDC)
- Therapy
- Emotional Intelligence
- Stress & Anger Management
- Mental Health Awareness and Management
- Adverse Childhood Experiences (ACEs)
- Cognitive Behavioral Therapy (CBT)
- Substance Addiction
- Public Speaking
- Attitudinal and Behavioural Change
- Personal Effectiveness and Mentorship



Chiytwo Ola

Chiytwo Ola is a resourceful, confident strategist and solution provider.

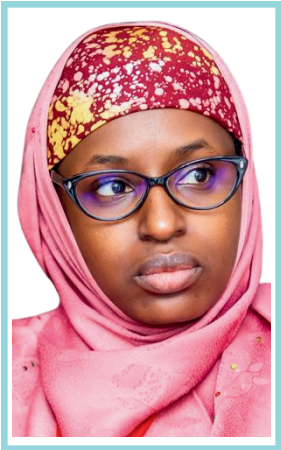
He is a Life and Behavioural Coach. He is a member of the Life Coaches Association of Nigeria (LCAN). He is a certified Life Coach, a trained Mindfulness Practitioner, an Emotional Intelligence and Anger Management Expert, and a Mental Health First Aider.

He provides strategic guidance to teams, professionals, and individuals to bridge the gap between their current reality and their aspirations, enabling them to unlock their inner resources and create a clear path towards their dreams using practical tools. He has trained a diverse group of people, from young to seasoned professionals to enhance their productivity and balance their well-being. He values team growth, where unique interdependencies help members of the team boost their strengths and manage their weaknesses to achieve a collective goal. He helps teams implement strategies and processes that improve work cohesion and workflow while managing individual differences among team members.

He is also an IT expert, a Cisco Certified Network Professional Enterprise Core, a Fortinet Certified Network Security Professional, and ITIL (Information Technology Infrastructure Library) certified, to mention a few. He has worked with various organizations and professionals in the public and private sectors. He has worked with various organizations which include;

- Central Bank of Nigeria
- Federal Judicial Service Commission
- Nigeria Custom Service

Our Team



Samira S Miko

Samira is a Personal Development Coach.

She is a Certified Life Coach and Counselor that brings a unique blend of academic rigor and practical expertise to her work. With certifications in Neuro-Linguistic Programming and Results Coaching, Samira leverages her extensive background in Mass Communications, Development Studies, Education, Customer Service, and Public Relations to deliver transformative coaching experiences. Her approach combines structured methodologies with a deep commitment to fostering empowerment and balance in her clients' lives.

She is also Certified by Kaduna Business School as a Business Development Service Provider (BDSP)

She is a member of the Nigerian Institute of Public Relations (NIPR), Chartered Institute of Corporate Mentoring and Coaching Nigeria (CICMIN) and Baynakum Association of Muslim Counselors and Coaches (BMCC).



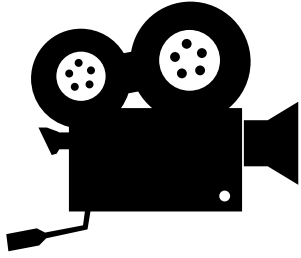
Rabi Gambo
Business Development

Rabi serves as the Managing Director and Chief Executive Officer of Treasured Assured Ltd.

With expertise in interior decoration and general contracting, she brings a wealth of knowledge and experience to her role, ensuring the highest standards of service and quality for her clients.

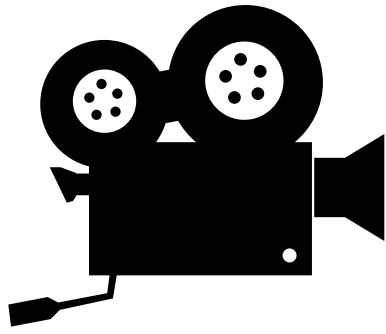
She focuses on driving growth by identifying and developing new business opportunities, expanding client relationships, and enhancing the company's service offerings.

Overall, she serves as a bridge between client needs and the company's service capabilities, playing a pivotal role in scaling the business, increasing market reach, and enhancing client satisfaction.



Gallery






Gallery





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