Get to Know Me



Sigal Benglas-Sharabi, MA

Group Facilitator

Sigal is married and a mother of three. She holds a BA in communications and political science from Bar-Ilan University, an MA in communications from Ben-Gurion University, is a graduate of the "Mandel" military program for educational leadership, holds a teaching certificate, a certificate in body-mind psychotherapy, and is a graduate of the two-year group-facilitation program at Tel Aviv University.
Sigal retired from the Air Force with the rank of Lieutenant Colonel, where she worked in training, education, spokesmanship, and international relations, gaining extensive managerial and organizational experience. She currently lectures, facilitates groups, and works on educational projects.