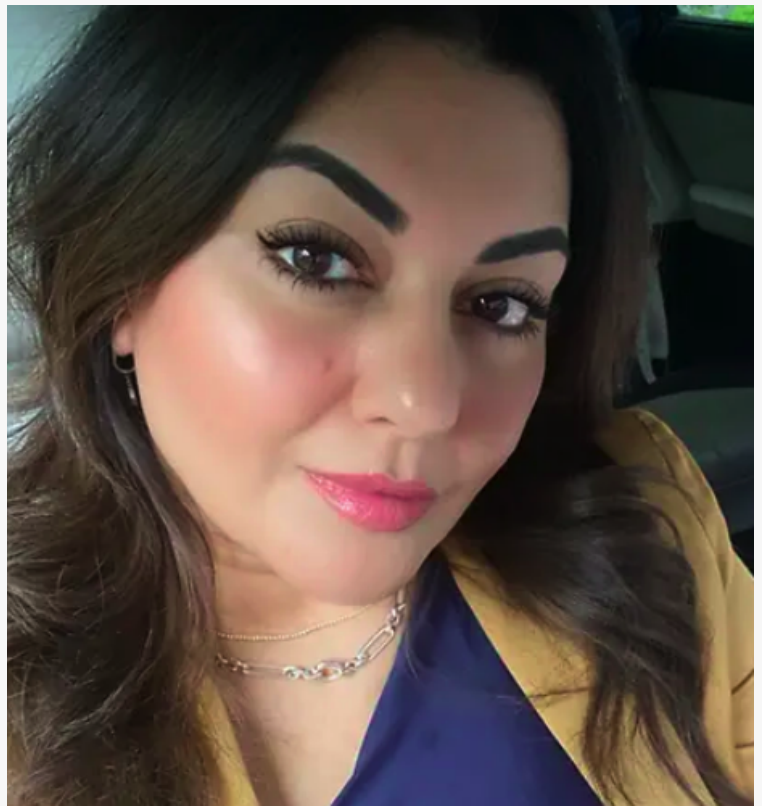


Amina Shams, Recognized By Influential Women, Advances Healing And Equity Through BLOOM Charity Humanitarian Work Today

POTOMAC, MD, UNITED STATES, August 11, 2026 /EINPresswire.com/ -- Nonprofit Founder, Public Health Expert, and Certified Professional Coach Champions Community-Led Solutions to Support Children Affected by Crisis and Trauma

Potomac, Maryland — Amina Shams is a nonprofit founder and executive, public health expert, and champion for equity and inclusion with more than 20 years of experience advancing health, humanitarian, and community-centered initiatives. As the Founder of BLOOM Charity, a globally serving nonprofit organization dedicated to supporting the holistic healing of children who have endured crisis and trauma, Amina has built a career focused on creating compassionate, culturally competent, and sustainable solutions for vulnerable communities around the world.



Amina earned her Master of Public Health from Tulane University with concentrations in Maternal and Child Health and Health Education and Communications. As a trusted strategist, advisor, and Certified Professional Coach, she supports individuals and organizations in fulfilling their passion, purpose, and mission while helping create systems that promote dignity, healing, and opportunity.

Her journey toward founding BLOOM Charity began in 2017 following her personal experience growing a family through adoption. That experience deepened her understanding of the importance of healing, belonging, and support for children who have experienced adversity.

Motivated by a desire to address the needs of children affected by crisis and trauma, Amina created BLOOM with a mission to provide holistic support rooted in mental health, community empowerment, and culturally responsive care.

Today, BLOOM's programs are active in Morocco, Palestine, Afghanistan, Pakistan, and Egypt, leading with mental health and psychosocial support as essential components of humanitarian efforts. Through community-led approaches, Amina and her team work to ensure that solutions are developed alongside the communities being served rather than imposed upon them.

Throughout her career, Amina has demonstrated expertise in public health strategy, healthcare improvement, and humanitarian leadership. Her professional experience includes authoring Community Health Needs Assessments (CHNAs) for major hospital systems, advising federally qualified healthcare organizations, and managing complex enterprise-level initiatives focused on addressing social determinants of health and improving outcomes for underserved populations.

Her work emphasizes the importance of integrating mental health into global health and humanitarian responses while maintaining a strong commitment to transparency, accountability, and ethical practices. Amina believes that effective service requires not only resources and programs but also trust, respect, and genuine partnership with communities.

Amina is recognized as a coalition builder who brings together leaders, organizations, and communities to create meaningful change. She has facilitated global partnerships, contributed to international coalitions focused on maternal and newborn health, and led important conversations surrounding maternal mental health, childhood trauma, ethical philanthropy, and donor trust.

Through her leadership, Amina continues to advance a vision where every child has access to safety, healing, and the opportunity to thrive. Her work reflects a commitment to ensuring that compassion, equity, and dignity remain central to global health and humanitarian efforts.

Amina attributes her success to a strong sense of duty as a human being and as a global citizen. She believes deeply that everyone has a responsibility to leave the world better than they found it and feels compelled to contribute to creating better experiences for others who share this planet.

This sense of responsibility serves as the foundation for everything Amina does, from her leadership at BLOOM Charity to her coaching practice. For her, success is not defined only by personal achievements, professional recognition, or organizational growth. Instead, she believes true success comes from fulfilling a responsibility to make a meaningful difference in the lives of others, particularly children and communities facing significant challenges.

Amina believes that creating lasting change requires compassion, commitment, and action. Her

dedication to service continues to guide her work and inspire the impact she seeks to create for vulnerable populations around the world.

The best career advice Amina has received is not to get in her own way. Throughout her professional journey, she has learned the importance of believing in herself, trusting her mission, and recognizing her own abilities.

Rather than allowing self-doubt to limit her progress, Amina focuses on continuing forward one step at a time. She believes that staying connected to purpose and remaining committed to meaningful goals allows individuals to overcome uncertainty and continue moving toward their vision.

This lesson has been especially significant while building BLOOM Charity from the ground up. Amina has learned that one of the greatest barriers people face is often their own hesitation and fear of failure. When individuals remove those internal obstacles, trust their purpose, and believe in what they are capable of accomplishing, they can achieve far more than they initially imagined.

Amina encourages young women entering the nonprofit sector to remain curious, seek knowledge, and embrace collaboration. She believes successful nonprofit leadership is not about trying to accomplish everything independently or creating solutions without considering existing resources and expertise.

Instead, she encourages young professionals to learn from organizations already making an impact, connect with inspiring leaders, and build partnerships that strengthen collective efforts. Amina believes that nonprofit professionals should strive to become coalition builders who create networks, ecosystems, and collaborations that expand impact.

For Amina, working together creates far greater results than operating alone. She encourages young women to surround themselves with individuals who inspire growth, challenge their thinking, and provide opportunities for continued learning.

She believes community and collaboration are among the most powerful tools available in the nonprofit sector, especially when addressing complex global challenges that require shared commitment and collective action.

As a nonprofit founder, Amina believes one of the greatest challenges facing the world today is the overwhelming sense of despair many people experience when looking at global issues. With ongoing humanitarian crises, social challenges, and uncertainty affecting communities worldwide, she recognizes that many individuals begin to question whether their own actions can truly make a difference.

Amina believes this sense of hopelessness can cause people to feel overwhelmed and

disconnected from opportunities to create change. Many people ask themselves whether one person can truly have an impact or whether their contributions are significant enough to matter.

However, Amina challenges this perspective. Guided by her faith, she believes that positively changing even one life has tremendous value. She believes that saving one life is as though saving humanity because every person matters and every act of compassion can create meaningful transformation.

Amina encourages individuals to focus on the difference they can make rather than becoming paralyzed by the size of global challenges. She believes everyone has a role to play and that collective action begins when individuals commit to doing their part with intention, compassion, and excellence.

For Amina, meaningful change does not always begin with large-scale solutions. It begins with people choosing to care, serve, and contribute in the ways available to them.

The values most important to Amina are empathy, curiosity, trustworthiness, honesty, integrity, and dignity. She believes it is essential to look beyond personal experiences and embrace what it means to be a true global citizen.

Amina strives to approach every situation with empathy and curiosity, seeking to understand different perspectives and recognize the experiences of others. She believes these qualities allow individuals to build stronger relationships, make more informed decisions, and create deeper connections.

Trustworthiness, honesty, and integrity guide Amina's leadership approach. She believes these values are essential for building meaningful relationships with communities, partners, donors, and the individuals her work supports.

Dignity is also central to Amina's mission. She believes every person deserves to be treated with respect and compassion regardless of their circumstances, background, or role.

Whether serving vulnerable children, working alongside team members, partnering with organizations, or engaging with supporters, Amina believes every interaction should honor the humanity and dignity of each individual.

Through her continued leadership, advocacy, and commitment to service, Amina Shams remains dedicated to creating a world where children have the opportunity to heal, communities are empowered, and compassion drives meaningful global change.

Learn More about Amina Shams:

Through her Influential Women profile, <https://influentialwomen.com/connect/Amina-Shams>, or through her profile on BLOOM Charity, <https://bloomcharity.org/about/who-we-are/>

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