



**SONIA SAMTANI**

---

# SERVICES PROVIDED

## CORPORATE SERIES

- A Balanced Lunch – A series of wellness programs over lunch time
- On-site Private Wellness & Leadership Coaching (Instead of coaching call)
- Corporate Day Retreat
- Mind-set for Public Speaking and Presentation

## PRIVATE SESSIONS

- Clinical Hypnotherapy
- Life-Between-Lives Regression Therapy
- Life Coaching
- Couples Counselling
- Public Speaking & Presentation Training
- Family Constellation
- Past Life Regression
- Loss and Grief

## WORKSHOPS

- Hypnotherapy Training
- Effective Public Speaking Workshop
- Understanding Intimate Relationships
- Understanding your Chakras
- Inner Child Healing / Advanced Inner Child Healing
- Mental Mastery for Manifestation



# CORPORATE SERIES

## **A Balanced Lunch - a series of wellness programs over lunch time**

Our series offers short workshops that can be conducted monthly, so participants receive regular support and notice a sustainable shift in their mindset. The workshops focus on Mental Well-being, Physical Well-being and Communication. You could choose the full series to meet all the wellness-related needs for your company, or a single workshop targeting a specific goal, depending on your company's objectives.

## **Corporate Day Retreat**

I deliver positive, high-impact and highly interactive trainings, cultivating a growth mind-set for positive changes.

**Services are divided into four sections specializing in:**

- Psychology
- Communication
- Strategy
- Teamwork

## **On-site Private Wellness & Leadership Coaching**

I will work with you and your team to uncover their hidden blocks, creating space and clarity in each person's mind both personally and professionally. As a result your team will be free from their own (conscious or unconscious) limitations, and be more effective in all aspects of their lives. I will also support each person to develop in new and exciting ways, align them to their potential, and as a result unlock the potential of your business.

## **Mind-set for Public Speaking and Presentation**

This training is created specifically for leaders who are committed to developing their unique communication style, enhance their leadership qualities, introduce themselves effectively, and present their products with their audience in mind.



# PRIVATE SESSIONS

## Clinical Hypnotherapy

Hypnotherapy sessions are ideal if you need support in reaching a specific goal in your personal / professional life, or if you feel handicapped by a persisting complaint. I adopt a goal-oriented approach so you can systematically reach your objective and map your journey towards it.

### How The Process Works:

#### The First Session

Our first role is to clearly identify your objective and gain some background on the issue. All behavior is governed by beliefs, and I work with the beliefs you have accumulated in the subconscious mind that are holding you back. During the session you will learn how the mind works, and discover beliefs that you have that are supporting you and sabotaging you towards achieving your goal. We will end with a tailor-made guided meditation that you can take home and listen to for the next few weeks.

#### Subsequent Sessions:

Each session comprises of several healing techniques, hypnotherapy, visualisations and exercises to release the disempowering beliefs and experiences from your subconscious mind. We believe that this journey is a partnership between you and the therapist, and will be giving you simple exercises to do for homework so you can maintain the shifts at home and create lasting change together.

- Each session takes between 60-90 minutes, with the exception of the first session that includes a case history and is approximately 90 minutes.
- All hypnotherapy sessions are held at our centre in Sheung Wan, Hong Kong.

## Life Between Lives Regression Therapy

Life between Lives (LBL) Regression is a therapy developed by Dr. Michael Newton that allows you access to soul memories while in a deep hypnotic state. It connects you with your Higher Self and you can learn why you chose the family you are in, the purpose of your life, the lessons that you are to learn in this life time and have a greater understanding of the karmic connections in your current life. You will meet your spirit guides who will lovingly provide you with insights and guidance. You will be able to have your questions answered while having a clear understanding of the bigger picture. This technique is ideal for people who have done a lot of spiritual/ self-development work and are still looking for deeper answers.

An LBL session takes about 3 to 4 hours and can be done over two sessions. It is a profound and life changing experience. We have added our own therapeutic touches to this modality to make it even more transforming by addressing and clearing any pending major issues of a clients current life before entering to their immediate preceding past life.



# PRIVATE SESSIONS

## Life Coaching

If you have a specific goal or a persisting complaint, our personal development coaching sessions are ideal to support you. Our approach is goal-oriented working with specific objectives such as manifesting a new job, gaining clarity and direction, overcoming anxiety, overcoming challenges in relationships, dealing with bereavement, transitioning into a new role, or dealing with physical pain.

As we encounter regular stresses and pressures, it could be common for incidents to leave a lasting impression, and arouse negative emotions such as fear, anger, helplessness, sadness or a combination of these. When these feelings are left unexpressed or are not dealt with appropriately, they could ripple into repercussions of emotional, physical or mental traumas.

To effectively release the toxic patterns and help bring a holistic shift, we turn to coaching, counselling and therapy, depending on what is most useful and beneficial for the client. Based on the scientific principles of the Theory of Mind by Dr. John Kappas, Milton Ericson and Sigmund Freud, our techniques directly access the client's subconscious mind, using a combination of writing exercises, visualisations, and cognitive unpeeling.

## Couples Counselling

Our couples counseling involves sessions with both parties present to address and resolve conflicts in communication, and establish a greater understanding and acceptance of each other. Relationship counseling strengthens relationships in distress and re-establishes a foundation of trust and support.

### The sessions involve:

- Understanding your own and your partners needs, triggers and communication style
- Learning to communicate to each other in effective ways
- Discovering how to bring passion & polarity back in to your relationship and find new ways to align with each other that do not involve other people or children
- Identifying what's incomplete about the past that is still affecting your present relationship and being able to finally move past the trauma of the past



# PRIVATE SESSIONS

## Effective Public Speaking and Presentation Training

Using Sonia's ABC philosophy, this revolutionary Hong Kong based program helps you overcome your fear of public speaking. By working on your Appearance, Beliefs and Communication, you are equipped with the skills needed to inspire an audience confidently and effectively.

Sonia offers one-to-one personalised consultations, as well as a full-day group workshop.

### Our individual Sessions Include:

Over a series of five private sessions, Sonia offers a cohesive and customized intensive into public speaking. From maintaining an inviting posture, delivering a professional presentation, and still keeping a personal touch; the sessions would cover all of these and much more. Sonia works to groom your vocal, visual and verbal skills, and takes your public speaking and presentation skills to a level that you would be proud of.

## Family Constellation

A family constellation (also known as systemic constellation) is an experiential process that aims to release and resolve profound issues within and between people. The constellation creates a representation of a person's energy field that allows us to explore interpersonal situations and complexities more fully. The process provides an insight into the hidden dynamics in a family, and is used to gain an understanding and provide healing without the physical presence of every family member.

### How it Works :

Before starting each constellation, the client discusses their objective/ issue with the facilitator.

With everyone seated in a circle, the client is asked to intuitively select representatives that are associated with their issue and place them within the circle. The client then sits back and watches the interplay of all the participants, revealing the story of their life and indications of where the issues have stemmed from. The facilitator guides the process for all the participants, and points the constellation towards a resolution.



# PRIVATE SESSIONS

## Past Life Regression

Past Life Regression Therapy is a branch of hypnotherapy and is used for personal growth and healing. Our mind carries with it both wisdom and scarring from many past-lives which is having an impact on us today. These experiences have shaped who we are, how we respond to situations, our beliefs and patterns, and our deep-seated triggers.

They may take the form of phobias, chronic physical issues, inexplicable emotions that cannot be mapped back to any particular life experience, emotional numbness, or recurring themes and patterns. At any given point in time we usually have anywhere between zero and seven impressions of unhealed past-lives that are actively influencing us, and healing those lives will make a massive difference to our life experience.

The main purpose of this therapy is to cathartize the toxicity that is still in our system from the past-life, obtain the wisdom and lesson from that life, and leave the past-life character in peace. The results from this therapy have seen clients breaking patterns and stepping into new relationships, experiencing diving and other activities they were phobic about, and healing parts of the body with cysts and tumours.

## Hypnotherapy Sessions for Loss and Grief

Loss is an inevitable part of our lives and we will all experience loss at some point. Often there is a lot of grief associated with it, and we create several mechanisms to cope is to fill this void – some of which can be self-sabotaging. The most common coping mechanisms are either accentuating the void and feeling as if they have got a massive hole in their lives, or filling it with something else that can be self destructive, such as, substances, compulsive eating, or over sleeping etc.

Hypnotherapy will help you to deal with those parts of you that are still suffering from the loss and haven't come to full acceptance yet. The sessions will desensitise you to the trigger, and work in your pace to have you face what was lost without the emotional charge. In this process we will be guiding you through the 5 stages of loss with awareness. This could be applied to any type of loss including:

- Loss of a loved person
- Loss of work
- Loss of health
- Loss of mobility
- Loss of pregnancy.

It applies to an circumstance which a person feels a sense of loss



# HYPNOTHERAPY WORKSHOP

## Hypnotherapy

Studying hypnosis in Hong Kong is becoming increasingly popular. Learning the five leveled curriculum by the California Hypnosis Institute of India (CHII) / EKAA has appealed to people for a number of reasons. Some do it for the joy of the knowledge alone while others do it to become a qualified therapist or teacher of the curriculum. A career in this field can be personally enriching as well as financially rewarding.

To become a qualified Hypnotherapist, you are required to complete the five Levels of Integrated Clinical Hypnotherapy, however Level I is also a great personal development tool.

### Level I Training Covers:

- Brief History of Hypnosis
- History and Development of the Human Mind
- Theory of Mind
- How to Create the Hypnotic State
- Theory of Suggestibility
- Laws of Suggestibility
- How to Conduct a Hypnosis Session
- Deepening Techniques
- Wording of Effective Suggestions
- Post-Hypnotic Suggestion for Re-Hypnosis
- Awakening Techniques
- Self Hypnosis

# EFFECTIVE PUBLIC SPEAKING WORKSHOP



## Effective Public Speaking

In this revolutionary all-day workshop, we help you overcome your fear of public speaking, and technically equip you with the skills needed to inspire an audience confidently and effectively. The three areas of focus are:

**Verbal:** Without relevant, concise and engaging material, even the most personable speaker is unlikely to make an inspiring or effective presentation. This workshop leads you through essential tips to ensure your presentation delivers exactly what your audience expects.

**Visual:** The way an audience sees you will determine their impression of you. From your physical appearance to your body language and gestures, as well as the design of each presentation slide, every visual counts towards creating a lasting impact.

**Vocal:** Just as in daily life, the way in which you speak has a huge bearing on how well your audience understands you. By paying attention to the pitch, pacing, and rhythm of your voice, Sonia will guide you to adapt an intonation that oozes confidence and matches the mood of your presentation.

### You will learn to:

- Create a strong and lasting impression with your audience
- Make necessary shifts in your mindset, and develop techniques to create a powerful state of mind that is transferable to both personal and professional settings
- Learn the tools for preparation, content and delivery that will be applied immediately for measurable results
- Gain practical tools to adapt your body language to support your presentation
- Project your voice appropriately to match your personality and your message
- Learn what is missing from your current speaking style
- Recognise the importance of your exterior image as a component of your presentation and gain the tools to develop a strong and effective visual image
- Enhance your speaking style in alignment to the feedback from your audience



# UNDERSTANDING INTIMATE RELATIONSHIPS WORKSHOP

## Understanding Intimate Relationships

Regardless of how well you know each other or how long you have been together, communication would be an essential element in your relationship – and there's always room for more growth and understanding. As social beings, maintaining and sustaining relationships are probably the most important skills to have, especially with your partner.

The results you will get out of the participation of this workshop is a deeper sensitivity for the differences in people and more intimacy in your relationships. This is exceptionally useful for romantic relationships as well as other interpersonal relationships.

### Participants will:

- Discover themselves – identify characteristics that fashion their persona i.e. their passions, fears, triggers needs and priorities
- Distinguish between the two personality types that govern behavior, and learn to communicate effectively
- Understand how to love their partner in the way they want to be loved
- Gain tools to eliminate the 'blame game' and accept differences with an open mind
- Learn how to maintain romance beyond the honeymoon stage – 'keep it fresh'



## Understanding Your Chakras

### What are Chakras?

A chakra is each of seven centres of spiritual power in the human body. There are 7 main chakra's which align the spine starting from the base of the spine through the crown of the head. These 7 include the root chakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, third eye chakra and finally the crown chakra.

### How can I use my Chakras?

In this workshop, you will get a first-hand explanation about the 7 natural vortexes running through you, and how to use it to balance your inner body both emotionally and spiritually. Participants will also receive their very own 7-Chakra pendulum and will learn how to use it to diagnose and unblock each of the chakras components in you.

### In this workshop, you will:

- Identify your 7 major Chakras and their purpose
- Understand how to diagnose whether your chakra's are blocked or unblocked using a pendulum
- Use simple affirmations and the power of thought to heal and unblock your energy field
- Balance your inner and outer body



# HEALING YOUR INNER CHILD WORKSHOP

## Healing your Inner Child

### What is Inner Child?

One of the biggest things that has the capacity to influence us is unhealed traumas of our past. Almost every person has experienced some form of trauma as a child. The inner child is a younger part of yourself that is stuck in the trauma of the past.

### How to heal your Inner Child?

#### In this workshop, you will:

- Understand the workings of the mind, and how inner children are formed
- Identify where the issues that they are presently facing have come from
- Get the opportunity to accept, heal and digest major incidents of the past
- Reclaim the right to embrace their feelings
- Release the external influences of society and conditioning that are not aligned with them
- Make peace with the past and release negative cellular memories
- Feel more peaceful and complete in their mind and bodies

Once you have healed that part of you, you will feel more complete, in control and able to face current situations as the grounded and mature adult of today.

Whether you had a happy childhood or a difficult one, there is much to gain from this workshop

## Advanced Inner Child Healing

This workshop brings you deeper techniques to continue loving, healing and accepting your inner child. We will delve deeper into the birthing experience and notice conclusions you have made that are unconsciously running your life.

By the end, you will have an experience of parenting your inner child and bringing him/her into this world with acceptance, and freeing yourself from limiting conclusions and copy mechanisms.



## ABOUT SONIA SAMTANI

Sonia Samtani is the Founder and Managing Director of All About You Centre.

Sonia has been practicing coaching, counselling, training and therapy since 2005. Her work has been successful in resolving deep-rooted issues including stress, anxiety, anger, emotional turbulence, phobia, limiting beliefs, childhood trauma, physical pain, weight management, depression, and overcoming loss to name a few. In the course of a single workshop Sonia has facilitated measurable results such as resolving years of panic attacks, or removing the fear of public speaking.

For over ten years Sonia has been working with companies to ensure that managers and employees are equipped with the mindset to deal with the challenges in today's workplace and maintain top health and peak performance.

Sonia past clientele has included reputable brands such as PricewaterhouseCoopers, HSBC, Skadden, Tesco, & Four Seasons

### Certifications:

- Certified Corporate Trainer
- Qualified Life Coach
- Public Speaking Coach
- Certified Councillor
- Licensed Clinical Hypnotherapist & Trainer
- Certified Transpersonal Regression Therapist
- Certified Practitioner of Neuro-linguistic Programming

### Background & Achievements:

- Worked as Senior Mentor on the team for Tony Robbins (Mr. Robbins has empowered more than 50 million people from 100 countries through his audio, video and life training programs.)
- Coached Racer driver Dan Wells (Asian Formula Renault Champion 2015) for 12 months to win 12 out of 12 races
- Received Hong Kong's Woman leaders Award by CMO Asia
- 2-time speaker on the TedX platform
- Conducted a 10 series radio show for RTHK (Radio Television Hong Kong)

[SONIASAMTANI.COM](http://SONIASAMTANI.COM)

## CONTACT US



### MAILING ADDRESS

10A Wing Cheong Commercial Building, 19 - 25 Jervois street,  
Sheung Wan, Hong Kong

### EMAIL ADDRESS

[info@soniasamtani.com](mailto:info@soniasamtani.com)

### PHONE NUMBER

(852) 2992 0828

[SONIASAMTANI.COM](http://SONIASAMTANI.COM)