



A BALANCED LUNCH

A complete approach to well-being in the workplace



A balanced lunch is a series of high-impact short workshops that can be conducted over lunchtime to support the mental, physical and emotional wellbeing of your managers and employees.

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 of your company, or a single workshop targeting a specific goal, depending on your company's objectives.

Each workshop is 60 minutes long and can be conducted at the convenience of your premises. Through interactive discussions and activities, our facilitators will provide the key ingredients on mindset, health and communication so that your team is equipped to deal with the challenges of today's workplace whilst maintaining top health and peak performance. This of course means happier and engaged employees and higher productivity!



OUR WORKSHOPS ON MENTAL WELL-BEING

- **POSITIVE PSYCHOLOGY FOR THE WORKPLACE**

Learn how your thoughts impact your working environment, and how to immediately shift your thought patterns to enhance focus of mind and productivity.

- **THE RESILIENT LEADER**

Learn some tips to use in your personal and professional lives to help you navigate today's 24/7 world and bounce back after setbacks even stronger.

- **REFLECT, RECLAIM, REBALANCE**

Identify where you are, where you want to be, what's blocking you, and how to prioritize your time to bridge that gap.

- **STRESS MANAGEMENT**

Understand stress, its impact on the body and learn techniques to help you stress less.

- **THE MIND-BODY CONNECTION**

Understand the effect of stress and suppressed emotions on the body, and learn what your aches and pains are trying to tell you.

- **THE POWER OF THOUGHT & VISUALIZATION**

Learn to use the power of thought and visualisation to achieve goals and strengthen willpower.

- **MAINTAINING MINDFULNESS**

Check-in on your current state of mind and become aware of your thoughts during the day. Learn simple meditations that can be done at any point of the day to maintain clarity and presence of mind.

OUR WORKSHOPS ON PHYSICAL WELL-BEING

- **WORKPLACE WELLNESS STRATEGIES**

Strategies for good health at work including some chair yoga practice to help relieve symptoms of extended sitting

- **ENERGIZING FOOD CHOICES: FUEL FOR YOUR DAY**

Our choices can either energize or drain us. Learn the difference between both and how to make the right choices to stay energised in the workplace.

- **YOGA FOR THE WORKPLACE**

Simple and easy yoga postures and movements to increase mobility while you are in the office.

- **BREATHING TECHNIQUES TO RELEASE AND RELAX**

Learn various deep breathing techniques to help centre yourself, release tension and instil calmness.

- **SECRETS TO SLEEP**

Learn some facts about sleep, the impact on our bodies of not getting enough and some tips to get the most restful night's sleep.

- **SUGAR ADDICTION – UNDERSTANDING OUR RELATIONSHIP WITH SUGAR**

Better understand your cravings and learn how to have control over what you eat and drink.

- **LIVE MORE, WEIGH LESS; A NON-DIET APPROACH TO WEIGHT LOSS**

Discover why diets don't work and how adding in certain foods rather than taking them away can help.

- **SUPERCHARGE YOUR BRAIN**

Learn lifestyle and nutrition tips to keeps your brain in optimal health. You will also experience a relaxing meditation to help the brain function well.

- **QUENCH YOUR THIRST; RETHINK YOUR DRINK**

Learn about water, why your body needs it, signs of dehydration and good drinking guidelines.

- **WOMEN'S HEALTH WORKSHOP**

Learn to nourish and find the right balance for your body, mind and spirit to experience optimal health.

- **HEALTHY AGING**

Explore how exercise, relationships, mediation and fun are all important for our bodies to stay youthful. Ageing gracefully and without dread.



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OUR WORKSHOPS ON COMMUNICATION

- **EFFECTIVE COMMUNICATION**

Develop a sensitivity and understanding for the unique differences in people's communication styles and learn strategies to deliver your message effectively.

- **PROFESSIONAL PRESENCE**

Discover how to dramatically enhance your visual appearance by understanding the color, style and character of clothes that suit you best.

- **EFFECTIVE PUBLIC SPEAKING**

Learn the key principals to become an effective public speaker and capture the attention of any audience; we focus on content, body language, delivery and nerves!

- **IMPACTFUL INTRODUCTIONS**

Gain the skills to make an impactful first impression; learn to introduce yourself with clarity and confidence in less than 60 seconds!

- **MASTERING CHALLENGING CONVERSATIONS**

Saying no, or handling yourself when confronted with opposing opinions can be challenging for many. Learn a simple and effective system to express yourself professionally, powerfully and clearly in such situations when required.

SELECT FROM THE 22 WORKSHOPS TO TAILOR TO YOUR NEEDS

FEE STRUCTURE



A BALANCED LUNCH

SINGLE
WORKSHOP
HKD 7,000

START UP PLAN
3 WORKSHOPS
HKD 15,000

GROWTH PLAN
6 WORKSHOPS
HKD 24,000

TRANSFORMATION PLAN

8 WORKSHOPS HKD 30,000		12 WORKSHOPS HKD 36,000
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OUR CLIENTS





SONIA SAMTANI

ORGANISER & KEY FACILITATOR

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 feat 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 Master 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

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