

# CORPORATE THERAPY

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A program to develop & empower individuals

# Nice to meet you

You've worked hard to grow your business to an empire with multiple employees and a range of product and service offerings. You've leveraged your team's strengths to achieve a great deal of success. Now, it's time to challenge yourselves even more! It's time to grow the business further by empowering your employees, strengthening their mindset, and giving each leader individual attention. Instead of spending time and money solely on group training, would you consider addressing the individual concerns of your team through private sessions tailor-made for each person?

**What would be the benefits of this?** It's a customised approach specifically catering to the individual concerns of each person, rather than having a generalised approach. Investing in your team's personal growth cultivates a mindset for peak performance, and can help you take your enterprise from where it is now to where you want it to be.

As your company coach, I will support you as your partner, cheerleader, and supporter. 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.

Bringing in private coaching sessions has been tried and tested by several U.S. based corporations who have seen exponential results in job satisfaction and productivity. I am certain that you're ready to take your business to the next level! My comprehensive and customised coaching process can show you results in under 3 months. Each person who receives the sessions will see measurable, specific results based on the goals that they set for themselves, and acquire leadership and communication tools that will last a lifetime.

# PRIVATE COACHING FOR YOUR EXECUTIVES

**Bring in a licensed practitioner to conduct private sessions for your Executive Employees.**

**During our private session, we will:**

- Establish the vision for their life, in the areas of work, relationships, finance, health, communication and mindset
- Identify the biggest constraints that are holding them back
- Discover the source of where their stresses and most disempowering beliefs come from
- Resolve any issues from the past that may still be triggering
- Undergo processes to eliminate deep-set limiting beliefs
- Gain effective tools to feel calmer, more confident and create an empowering future

**My objectives as your licensed company coach is to support your Executives to:**

- Develop a clear and powerful mindset to move your forward in all areas of their life
- Become more aware of their subconscious triggers and setbacks to powerfully overcome them
- Understand and optimize their leadership ability
- Understand and improve their communication
- Build on their strengths and improve on areas of difficulty
- Achieve their goals and objectives

**Employees will receive:**

- A custom coaching plan with a map for success
- Benchmarks for personal and professional development as they relate to their goals and objectives
- Systems for dealing with difficult people, issues, and conflicts
- A tailor-made action plan after each session for measurable actions

**Each session will maintain complete confidentiality towards the individual. If the company requires any information about the session, the coach reserves the right to keep the information private unless permission has been attained**



# HOW THE PROCESS WORKS

## **Initial meeting:**

Our licensed coach will spend 2 hours with your Head of Human Resources to understand the needs of your company, why you have chosen to invest in the chosen employees, and if there are any specific objectives the companies has on enhancing their relationships with the selected individuals.

We will also provide feedback and assessment forms that can be completed anonymously after the first few sessions.

# OUTLINE OF THE COACHING SESSIONS

## **The First Session (With Company executives):**

Our first objective is to understand their background and clearly define their specific goals. All behavior is governed by beliefs, and we will work with the beliefs that people have accumulated in the subconscious mind that are holding them back. During the session your team will learn how the mind works, and discover the subconscious beliefs that are both supporting and sabotaging them towards achieving their goals. We will end with tailor-made exercises where they discover new aspects about themselves, and overcome patterns of the past. Finally, we will leave them with a plan to apply what they've learned, and show them quick & effective techniques that they can continue to practice on a regular basis.

## **The Subsequent Session (With Company executive):**

Each session comprises of several techniques including coaching, counselling, and therapeutic exercises to address & resolve issues, and move towards a compelling future. The sessions will include tailor-made techniques such as written exercises, cognitive-talk therapy, guided visualisations, and other methods to release any limitations of their current mind-set, and gain more understanding to move forward. We believe that this journey is a partnership between the client and the coach, and equally relies on the individuals' commitment to do the suggested exercises to create lasting change.

Each session takes approximately 90 minutes.

# About Your Coach



## SONIA SAMTANI

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

Sonia has been practicing coaching, counselling, hypnotherapy, and inner-child resolution since 2005. Her work has been successful in resolving deep-rooted issues including stress, anger, emotional turbulence, phobia, anxiety, limiting beliefs, childhood trauma, physical pain, weight management, depression, and overcoming loss to name a few. In just a single session Sonia has facilitated big results such as resolving years of panic attacks, removing the feat of public speaking, and curing bulimia.

For over ten years Sonia has been working with companies to ensure 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
- Recieved 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)

# PACKAGES AND PRICING

We will arrange individual sessions with 4 executive employees, once every 3 weeks for 90 minutes.

Proposed time slot options: 10:00 - 11:30 am / 12:00 - 1:30 pm / 2:00 - 3:30 pm / 4:00 - 5:30 pm

## TASTER PACKAGE

4 executive employees will receive a single coaching session of 90 minutes

**Investment:**  
HKD 15,000

## 5 WEEK PACKAGE

4 executive employees will receive 6 coaching sessions of 90 minutes, spread over 5 weeks

**Investment:**  
HKD 82,000

## 8 WEEK PACKAGE

4 executive employees will receive 9 coaching sessions of 90 minutes, spread over 8 weeks

**Investment:**  
HKD 115,000

## 11 WEEK PACKAGE

4 executive employees will receive 12 coaching sessions of 90 minutes, spread over 11 weeks

**Investment:**  
HKD 120,000

All packages include: preliminary meeting with HR team, feedback & assessments, and email support in-between sessions

# CONTACT US



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