

A photograph of a field of red poppies at sunset. The sun is low on the horizon, creating a warm, golden glow. The poppies are in various stages of bloom, with some fully open and others as buds. The background is a soft, out-of-focus field of more poppies.

# TEAM BUILDING DAY RETREAT

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With Sonia Samtani





# DAY RETREAT

Many businesses recognise the value of investing their resources to create a high value brand for their products & services. Now companies are realizing that in order to truly be successful they need to take it one step further, they need to invest in the overall well-being of their most important assets - their employees!

In light of this we provide tailor-made wellness retreat programs that are off-site and produce lasting change. Our program includes training on leadership, resilience, personal presence, communication, mindfulness, stress management, and physical wellness.

## **WORKSHOP BENEFITS:**

- Greater confidence and self-esteem
- Enhanced social skills & relationships amongst the team
- Greater self-awareness and empathy for others
- Enhanced communication skills
- Ability to make a lasting impression
- Improvement in overall presence
- Enhanced sense of personal satisfaction & overcoming fears
- Greater productivity





# TRAINING PHILOSOPHY

**We deliver positive, high-impact and highly interactive trainings, cultivating a growth mind-set for positive changes. We have divided our services into four sections that we specialize in:**

## **PSYCHOLOGY**

Your mindset & Beliefs

## **COMMUNICATION**

Your Personal & Professional Relationships

## **STRATEGY**

Your Plan for Success

## **TEAMWORK**

Your connection with your team

# PROGRAM OUTLINE

## PSYCHOLOGY

- Discover the beliefs that are preventing you from performing at your peak
- Overcome inner obstacles that sabotage your efforts to be your best
- Unlearn negative language patterns that create limiting beliefs
- Learn techniques to quickly and effectively shift disempowering thoughts at work
- Tap into your natural potential for learning, performance and growth

## TEAMWORK

- Engage in fun and simple activities to discover and enhance your connection with your colleagues
- Activities will involve physical engagement that opens up both right and left brain hemispheres such as art, pottery or role-playing

## COMMUNICATION

- Identify your own communication style
- Enhance your understanding of other people's language & behaviour
- Distinguish between healthy & dysfunctional relationships and Identify the roles you are playing with significant people in your life
- Learn strategies to effectively deliver your message
- Learn tools and tips for conflict resolution

## STRATEGY

- Deeply integrate all the learnings in your mind & body, and create a new empowering future
- Create a personal map and action plan for success



# PROGRAM RUNDOWN

- **10:00 - 11:30**      Session 1 - PSYCHOLOGY
- **11:30 - 11:45**      Tea Break
- **11:45 - 13:15**      Session 2 - COMMUNICATION
- **13:15 - 14:30**      Lunch
- **14:30 - 16:00**      Session 3 - TEAMWORK
- **16:00 - 16:15**      Break
- **16:15 - 18:00**      Session 4 - STRATEGY







# INVESTMENT

## Training & Facilitation

**Investment:** HKD 25,000

**Includes:** Training only

**Minimum Participants:** 10 ppl

**Maximum Participants:** 30 ppl

## Full Organisation

**Investment:** HKD 40,000

**Includes:** Training, plus complete organisation of your event including venue booking, healthy meal & snacks, and a guided meditation experience

**Minimum Participants:** 10 ppl

**Maximum Participants:** 30 ppl

**Retreat timings:** 10:00 am - 6:00 pm



# 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
- 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)

**SONIASAMTANI.COM**



# CONTACT US



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