

BEST SELLING AUTHOR, INTERNATIONAL SPEAKER & AWARD-WINNING ENTREPRENEUR

# SONIA SAMTANI

Sonia Samtani  
LIMITED

Speaker, author, therapist, award-winning 'wellpreneur', and founder of wellness facility, the All About Centre, Sonia Samtani is also Hong Kong's leading hypnotherapy trainer.

Sonia is a clinical hypnotherapist, hypnotherapy and NLP Trainer, qualified life coach and counsellor, best-selling author, two-time TEDx speaker, and former Senior Mentor for world renowned success coach, Tony Robbins. Professionally, Sonia is a licensed Clinical Hypnotherapist and Hypnotherapy instructor, NLP Trainer, Life Coach, Corporate Trainer, Family Constellation Facilitator, Healer, Regression Therapist, and Public Speaking Coach.

Arguably Hong Kong's most qualified and progressive mental wellness professional, Sonia is one of the most sought-after facilitators and keynote speakers in the region. Sonia specializes in delivering compelling and transformative programs that are scientifically backed and spiritually supported.

Through her approach, Sonia guides those that work with her towards a desired individual or group outcome. Often in as little as one session, Sonia has been successful in resolving deep-rooted issues including stress, anxiety, limiting beliefs, childhood trauma and dysfunctional family dynamics, physical pain, and weight management, to name a few.



## SONIA'S SIGNATURE THEMES



ENHANCING PRESENCE  
& COMMUNICATION



MENTAL MASTERY



EMOTIONAL RESILIENCE

Sonia's edge: She goes deeper than giving tips and strategies, she identifies and addresses the root causes that are impacting the effectiveness of one's behaviour, so the shifts are visible and long-lasting.

## PAST CLIENTS

Goldman  
Sachs

THE VENETIAN

Baker  
McKenzie.

UBS

HSBC

ExxonMobil

Daiwa Bank

SWIRE PROPERTIES

Skadden

## AWARDS

Woman In Power  
2021

PRESTIGE

Hong Kong Living  
Influencer Awards 2021

HONG KONG  
living

Women Of Wellness  
Awards 2021 & 2022

Liv.  
HONG KONG'S WELLNESS MAGAZINE

Best Hypnotherapist  
2022

Chika

"You don't need to spend all your energy avoiding failure. You just need to trust that if the results are different from your desired outcome, you can handle it, learn from it, and grow." Sonia Samtani

## POPULAR KEYNOTES

**Mental health is more important than anything. It impacts your mood, behaviour, relationships, career, and physical wellbeing. Mental health becomes an issue when people don't use their inner resources to create and maintain a healthy mindset. This is because they haven't learned effective tools, or they are blocked by an inner-resistance that's preventing them from practicing what they know.**



**Sonia can be booked to speak at themed events, galas, award ceremonies, present a solo talk, or speak as part of a panel. Sonia's keynotes are known to give tangible takeaways where people are guaranteed to learn things they don't know, and gain practical tools to apply the concepts.**

### **The Power of Thought & Visualization**

- People commonly think that thoughts create reality, whereas they don't, it's your perception that creates reality. Understand the workings of your mind, and how to use the process of visualisation to powerfully manifest your desired outcome.

### **Be Your Own Master**

- Most people are aware of their results but don't understand *why* they are not functioning at their optimal level. Learn the biggest reason why people are not at peace, how much you are unconsciously influenced by our societal, economic, educational, and familial rules, and how to tap into your inner-guidance to navigate your life.

### **Understand the Mind-Body Connection**

- If your body part is uncomfortable, it is telling you something as we store different types of emotions in different places. Understand the effect of stress and suppressed emotions on the body and learn what your aches and pains are trying to tell you.

### **Reflect, Reclaim, Rebalance**

- There is great power in reflection; it allows you to face where you are without blaming yourself, or making excuses. Come to identify where you are, where you want to be, what's blocking you, and learn how to prioritise and bridge that gap.

### **Maintaining Mindfulness**

- **Mindfulness is a popular word, though it's not fully understood.** Practicing mindfulness requires awareness of why we are doing it, and understanding how. Learn simple techniques that can be done at any point of the day to maintain clarity and presence of mind.

### **How to make decisions you don't regret**

- If you've experienced regret and guilt, it's because you are judging your decisions and actions of the past, and still may notice you are doing the same thing. Learn simple and effective tools on decision making that you didn't learn in school, and save yourself from further undesired outcomes and self-criticism.

### **How to care without carrying**

- If you are constantly exhausted and don't have time or energy for yourself, you are probably taking on more responsibility that is required, and haven't learned the art of delegating and letting go. People do this to show they care or they are capable. Change the quality of your life by learning how to break-free from carrying what's not yours and unconsciously attaching your value to being useful.



## PRESENCE & COMMUNICATION

One of the most desirable skills to master is to be able to express yourself clearly and confidently. Yet, many people feel incompetent to speak in public and are often blocked by fear. The fear of public speaking affects up to 75% of the population!

### SPEAKING THEMES

#### Effective Public Speaking

- Enhance your unique speaking style in alignment to the feedback from your audience
- Learn & practice the components of how to open a presentation and introduce self to an audience along with all the tools for preparation, content, and delivery that can be applied immediately for measurable results reflected not only in presentations but in all areas

#### Professional Presence

- Create a positive and lasting professional presence with your audience
- Understand and practice non-verbal behaviour to enhance presentations including stance, posture, gestures, roundedness, voice projection, eye contact and making connections

#### Effective Communication

- Learn what is working and what is missing from your current presentation and communication style, how to be heard and how to listen for effective communication in presentations and in all areas
- Make necessary shifts in your mindset and develop beliefs that support you communicating powerfully in public



## LEADERSHIP MINDSET

Twelve billion working days are lost every year to depression and anxiety alone. © WHO

### SPEAKING THEMES

#### Positive Psychology in the Workplace

- Discover the beliefs that are preventing you from performing at your peak and overcome inner obstacles that sabotage your efforts to be your best
- Unlearn negative language patterns that create limiting beliefs

#### Leadership Skills (For Senior Leaders Only)

- Learn tools and tips for conflict resolution and create a personal map and action plan for success
- Learn techniques to quickly and effectively shift disempowering thoughts at work and tap into your natural potential for learning, performance and growth

#### Teambuilding

Activities will involve physical engagement that can open up both right and left brain hemispheres

- Engage in fun and simple activities to discover and enhance your connection with your colleagues, enhance your understanding of other people's communication style
- Learn simple and effective tools to communicate your message more effectively



"Productivity, efficiency, and growth are achieved when your team is inspired to move in the same direction with trust, clarity, and value for each member." Sonia Samtani



## CREATING IMPACT

And according to a comprehensive 2019 study by Oxford University on happiness and productivity, workers are 13% more productive when happy.

### SPEAKING THEMES

#### Increased Productivity & Creativity

- Learn how to identify blocked areas and to gain power over these limitations to experience both personal and team leadership
- Learn to use the power of thought and visualisation to achieve goals and strengthen focus, communication skills and overall performance
- Learn to overcome fears that increase effectivity and create an enhanced sense of personal satisfaction

#### Enhance Your Creativity

- Access to a creative flow state which allows for a shift of creative blocks and increased creative focus
- Learn to stay engaged with and create ownership of creative projects for better results
- Relieve the harshness of self doubt to unleash creativity and learn to express creative ideas with the team

#### From Procrastination to Prioritization

- Learn effective use of language to build rapport with any audience and elicit more 'yes' responses to excite motivation
- Learn how your thoughts impact your working environment, and how to immediately shift your thought patterns to enhance focus of mind and productivity
- Identify where you are, where you want to be, what's blocking you, and how to prioritize your time to bridge that gap



## CLIENT TESTIMONIALS

"I cannot speak more highly of Sonia and her academy. A chance weekend course a few years ago changed my life and my whole career. and I went on to qualify and teach. Every day now I get paid doing what I love which is helping making a difference to so many. Can't tell to how rewarding and fulfilling that is. Even if you don't go on to teach or to practice as a professional the personal growth is off the charts. Sonia is the most amazing teacher and mentor one could ask for. It is pure magic!"

**ALISON MIDDLETON**  
FOUNDER, AM 1 HEALTH

"Sonia's training is intense and satisfying. It definitely can take one into a deeper understanding oneself and of others. I would recommend leaders to consider to gain this knowledge."

**BELINDA KOO**  
CEO, THE ART OF XYZ

"I have studied with numerous wise teachers over the years Sonia comfortably falls into this category. Sonia and her team's friendly and very informative levels of expertise really provide a wonderful platform to learn and understand greater the working of our minds. I walked away from a 2 day course with not only new profound insights but highly practical tools and techniques that I can apply within my life and use to understand both my and the actions of others with deeper clarity. I cannot recommend this course highly enough."

**BRIAN HAYES**  
MANAGING DIRECTOR, THE HAYES GROUP

"You add most value to others when you value yourself, and move through your limitations." Sonia Samtani

## ADDITIONAL BONUS MODULES

### PRIVATE CORPORATE COACHING

Show special care for your Senior Executives by bringing in a licensed practitioner to conduct private sessions. A private session will give your valuable team members the opportunity to address their specific objectives, and bring a lot of insight, clarity, and resolution to their personal goals. We offer a customised approach specifically catering to the individual concerns of each person.

#### During our private sessions for your team, we will:

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

#### Employees will receive:

- A custom-made map for success
- Benchmarks for personal and professional development
- Techniques for dealing with difficult people, issues, and conflicts
- A tailor-made action plan after each session, with measurable actions to apply their learnings
- Awareness of their subconscious triggers and setbacks, and tools to powerfully overcome them
- A powerful mindset to move your forward in all areas of their life

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.

Format: Individual Session

Time: 90 minutes

Price: HKD10,000



### SYSTEMIC CONSTELLATION FOR ORGANISATIONS



Constellations allow your organisation to access the hidden dynamics that are influencing your company and impacting your organisation's culture, performance, and results. This is a group workshop that reveals underlying patterns of behaviours and attitudes within organisations, allowing leadership teams to identify any potential hidden obstacles that may be preventing progress. The session brings great insight, and helps you to diagnose issues, discover blocks, gain clarity to make decisions, and find solutions for positive changes.

This methodology is based on Systemic Thinking, where we look at your organisation as a whole system, with many parts, and see how these parts are interacting with each other, and what is needed to bring harmony. It encourages a culture of collaboration and openness, as it helps staff members feel connected and understand the contributions that everyone makes.

Organisations use systemic constellations to identify opportunities and challenges, whilst enabling them to better understand how their teams are functioning and what solutions could be applied in order to improve team performance.

Format: Group workshop. Minimum 7 participants

Time: 2 hours

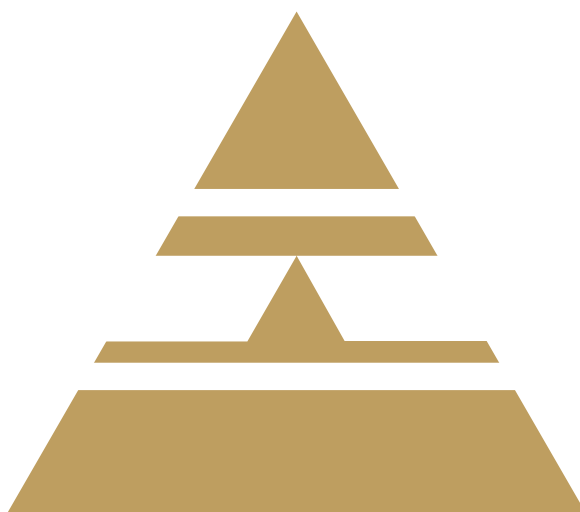
Price: HKD10,000

## PRICING OPTIONS

"Change is a process. It takes time, effort and commitment for desired outcomes to become the new normal."  
Sonia Samtani

We highly recommend that you buy packages so that your team has time to absorb, process, and integrate mental health concepts into their lives powerfully and effectively. A one-time experience has value, but the more profound and more time invested the bigger the impact of change can be!

Each module from the sections of Popular Keynotes, Presence & Communication, Leadership Mindset, and Creating Impact can be delivered in 2 hours. You may choose the modules that bring the best value to you and your team, over a period of time.



### SINGLE WORKSHOP

90 - 120 minutes  
HKD 25,000

### BASIC PACKAGE

Package of 3 Workshops  
in 3 months  
HKD 68,000

### GROWTH PACKAGE

Package of 6 Workshops in 6  
months  
HKD125,000  
includes 2 Private Coaching Sessions for  
one member of the organisation

### TRANSFORMATION PACKAGE

Package of 12 workshops in 12  
months  
HKD 210,000  
includes 2 Private Coaching or  
Hypnotherapy Sessions for two members  
of the organisation

**You can also opt for an add-on of the bonus services of private coaching and/or systemic constellation to your packages.**

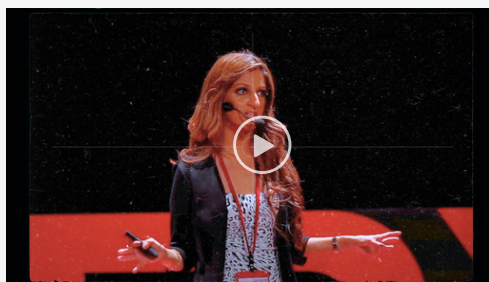
## SONIA IN THE MEDIA

VOGUE PRESTIGE marie claire #legend ELLE

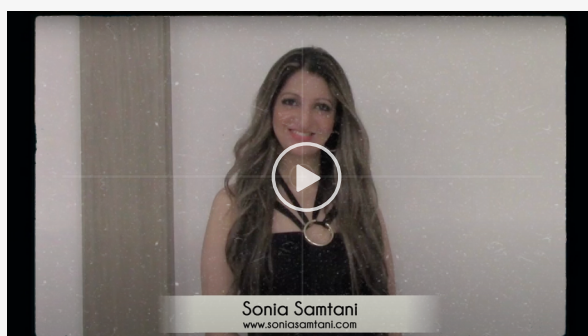


## SONIA IN ACTION

### TED TALKS

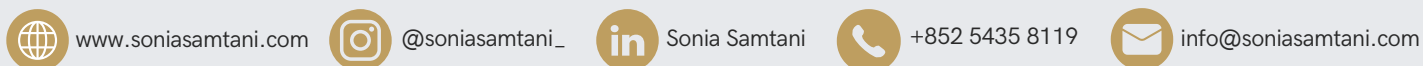


### YOUTUBE CHANNEL



## HOW TO BOOK SONIA

HIRE SONIA SAMTANI TO SPEAK OR BOOK HER FOR CORPORATE TRAINING:



[BOOK A DATE NOW](#)

"People change when their current reality becomes too painful, or when they make an empowered decision. Which one do you choose?" - Sonia Samtani