

Sonic Wellness



by
Othman Haddad

The sonic wellness sessions



Sonic team-building sessions:

To express feelings behind thinking with simple instruments, clear the space and collaborate



Sound Bath sessions:

To relax minds, refresh bodies and enhance creativity.



Stress-management workshops:

Release stress and anxiety with simple rhythms. Learn how to reprogram and apply healthy rhythms.



In-depth self-understanding sessions:

Help people better understand their needs and adopt more constructive interactions with others.

Why don't you inquire about a trial run?



Sound Bath sessions

- It feels like being in a bath, surrounded by sound instead of water. The participants lie down on yoga mats and listen to sounds designed to relax minds, refresh bodies and enhance creativity
- The Sound Baths follows a well-researched and proven method taught and used thousands of times by Othman in the UK, Switzerland, Spain, Morocco, Sweden and Italy
- The instruments played can be Tibetan Singing Bowls, frame drums, Gongs and Koshi Bells
- Online or onsite
- Duration: 60 to 90 minutes



In-depth self-understanding session

- A voice analysis session with computer software that allows an in-depth understanding of people from a recording of their voices. It highlights strengths and personalities
- Help people better understand their needs and adopt more constructive interactions with others
- Helps HR fine-tune the recruiting process from candidates' voices
- Online or onsite
- Duration: 30 to 60 minutes



Sonic team-building sessions

- It is a collaborative and fun musical group session where each participant can musically express emotions and collaborate with teammates to compose, rehearse and play a mini-concert
- It helps people express the feelings behind their thinking, clear the space and collaborate to make something beautiful that everyone can be proud of
- Type of musical instruments: very simple bells, drums, i.e. kids' toys that take people back to their childhood and that everyone can play without a single knowledge of music
- Onsite sessions
- Duration: 60 minutes



Stress-management workshops

- Whatever we feel (i.e. stress, anxiety) can be linked to a specific musical rhythm
- Expressing with rhythms helps free stuck emotions
- Every rhythm can be reprogrammed into a healthier one
- The workshop is structured as follows:
 - Invitation to bring awareness to stressful and healthy rhythms
 - Releasing unhealthy rhythms through simple exercises involving rhythm-tapping, body relaxation and basic stretchings
 - Reprogramming healthier rhythm through rhythm-tapping techniques
- Online or onsite
- Duration: 60 to 90 minutes



About Othman Haddad

- Othman Haddad is a full-time Sound therapist with over 10 years of experience.
- He worked for more than 11 years as a Software Test Manager before becoming a Sound Therapist.
- He has run team-building sessions for big firms like Freshfields Bruckhaus Deringer, COS and SHA.
- He has a down-to-earth, structured and flexible approach.
- He has extensive experience with people from different cultures and backgrounds.
- He fluently speaks five languages: English, French, Spanish, Italian and Arabic.
- He featured in, among others, BBC TV, BBC Radio and Vogue.

MORE INFO

+447399184017 

[linkedin.com/in/othmanhaddad/](https://www.linkedin.com/in/othmanhaddad/) 

info@othmanhaddad.com 