



www.sonjaherholdt.co.za
info@sonjaherholdt.co.za

SONJA HERHOLDT

Music, Motivation & Inspiration

Being a mother, raising a handicapped child and running her own business Sonja Herholdt understands the many challenges today's women face.

Because of this Sonja is currently presenting her music-motivational programme "The Heartbeat of Womanhood" to inspire and motivate women all over South Africa to be all that they can be.

This highly entertaining programme is filled with music and truths from Sonja's own life's experience.

During the 60 min bilingual programme Sonja touches on various topics like:

- How to reconstruct on the inside.
- Self esteem - your fundamental power.
- Courage.
- Learn to hear and trust your inner voice.
- Tips and techniques on how to regain emotional energy.

This programme is packed with Hope, Heart and Humour, and presented in a sincere and honest way making a valuable contribution to the life of every women in the audience.

