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PRESSRELEASE

Music-motivational programme

The “Hartklop van ‘n Pêrelvrou” is Sonja Herholdt’s current music-motivational programme aimed at a female audience.

In this programme Sonja combines the function of a keynote speaker and a guest artist and presents this unique music motivational programme.

She draws from her own life experiences and talks about topics like self-esteem, self worth, courage and every woman’s need for independent responsibility.

She also shares techniques on how to regain emotional energy and how to deal with stress.

As the climax of the programme, Sonja gives recognition to a woman in the audience who overcomes her challenging circumstances, and who serves as an example of the many ordinary women who overcome their extraordinary circumstances.

The duration of the programme is +/- 70min and is highly motivational.

Sonja Herholdt’s “Die Hartklop van ‘n Pêrelvrou” full of HOPE, HEART and HUMOR!