

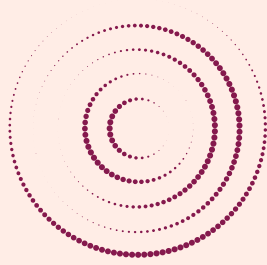
SONIC

WELLNESS

“Improve well-being at work
with Swiss Sound Therapy”

SST

SWISS SOUND THERAPY



About us

- SST was founded by Othman Haddad (also known as Otto), an international Sound Therapist with over 12 years of experience.
- We established a strong reputation in London before relocating to Geneva.
- We welcome our clients to our Sound Therapy studio in Geneva, or we can conduct sessions at their sites.
- We provide wellness sessions for numerous companies, including Freshfields Bruckhaus Deringer, COS, NABS, SHA and MIND.
- We are fluent in English and French.
- Our work has been featured on BBC TV and BBC Radio, among other platforms.



Why is sound therapy beneficial for businesses?

In today's fast-paced world, workplace stress has become a major factor in burnout and reduced productivity. Swiss Sound Therapy offers innovative solutions to improve your team's well-being. Our sound therapy techniques, grounded in proven methods, promote relaxation, strengthen team cohesion, and stimulate creativity.

Concrete benefits for your company



Stress and anxiety reduction



Improved focus and creativity



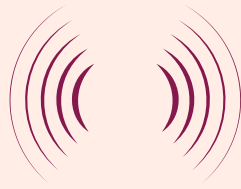
Strengthened interpersonal relationships



Increased employee satisfaction and well-being

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The sonic wellness sessions

At Swiss Sound Therapy, we offer three unique sound therapy services tailored to enhance well-being and productivity in the workplace:

- 1 Sonic team-building sessions**
Engage your team in collaborative, music-based activities that foster communication, creativity, and team spirit.
- 2 Sound Bath sessions**
Immerse your employees in a deeply relaxing sound environment to reduce stress and enhance mental clarity.
- 3 Joy at the Workplace workshops**
Help your team manage emotions and improve their emotional well-being through rhythm-based exercises.

Each session is designed to create a more harmonious, focused, and joyful work environment.



“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 SST 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



“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



“Joy at the Workplace” Workshops



- Participants explore the connection between emotions and musical rhythms, learning how to express and manage their feelings through rhythm-based exercises.
- The workshop aims to increase awareness of emotions in the body, release negative emotions through rhythmic movements, and reprogram unhealthy rhythms into more positive ones.
- Participants will gain practical tools for cultivating joy and emotional well-being in the workplace through a structured approach involving rhythm tapping, body relaxation, and stretching exercises.
- Online or onsite
- Duration: 60 to 90 minutes



Case Study_1

Sound Baths with Freshfields (London)

Business requirements

SST was tasked with providing a Sound Bath session for 20 busy lawyers to help them relax their bodies and release tensions.

The service provided by SST

Freshfields provided yoga mats from their Yoga club, while SST brought musical instruments to the Freshfields site. During the session, we introduced the scientific basis for our method of sound bathing, conducted a very soothing session, and answered questions at the end.

Results

The session was a huge success and Freshfields contracted us for a series of sessions for the following 3 years.



Case Study 2

Sonic Team Building with PeaceNexus (Geneva)

Business requirements

PeaceNexus enlisted the services of SST for three sessions during their annual World Committee week. The first session involved a Sonic team-building exercise for 30 participants.

The service provided by SST

SST brought simple musical instruments to PeaceNexus's headquarters. We provided clear instructions and facilitated a 3-step process, allowing participants to use the instruments to express negative emotions, and positive emotions, and promote teamwork.

Results

The session was highly successful, with the team reporting increased efficiency and motivation during their subsequent meetings throughout the week.



Case Study 3

Joy at the Workplace with Livescore (London)

Business requirements

Livescore hired SST for two sessions during their mental health awareness week. The second session was a Joy at the Workplace workshop for 12 participants.

The service provided by SST

SST collaborated with Livescore to customize the workshop to address the company's stressful and highly demanding environment. The interactive presentation taught participants how to use tapping, stretching, and simple techniques to manage stress and turn it into a positive force in their work environment.

Results

The session was a great success. Here is feedback from one of the participants: "It was very informative and gave us a better understanding of the science behind stress management. We delved deeper into how to identify the triggers and how to effectively respond. Overall, this is a great class for anyone who's looking to learn more about their own experiences."

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What do businesses say about us?



Verena Wais · 1st

Global Head of Learning & Development | Coach | Leadership Development

September 1, 2023, Othman was Verena's client

All LinkedIn members



On

I reached out to Otto in 2018 while organising a health and well-being event to raise awareness of and improve employee well-being. He offered several sound therapy sessions on the day which were so popular that we booked Otto for a monthly session in our office on a long term basis. Personally, I profoundly benefitted from Otto's gifts and guidance. Otto stands out as one of very few genuinely talented practitioners in the well-being and personal development space. He consistently provides an exceptional and deeply relaxing and de-stressing experience for others. From the beginning, I have experienced Otto as an authentic, genuine person who brings a lot of positive energy to every interaction. He is both very professional and personable and overall a great pleasure to work with.



Thalbir Shokar · 1st

Imagine living in a world where you get to share your gifts and talents, feel alive and aligned with your work, creating value by BEing you whilst being of service to others making an impact. Interested? Let's connect.

September 11, 2023, Thalbir worked with Othman but on different teams

I really loved seeing Othman share his passion, insight and experience at Peerfestfor Mind. He knows his stuff when it comes to wellness and sound and especially when working with large groups. His fun and interactive approach is engaging and memorable. Looking forward to crossing paths again Otto.



Adam Dedynski · 1st

Senior knowledge & development professional support lawyer (White & Case)

September 7, 2023, Othman was Adam's client

All LinkedIn members



On

Otto ran a series of sound baths for me at a large law firm, which were very popular and had a hugely positive impact on the wellness of busy lawyers and business professionals. Otto is both professional and personable and I highly recommend him.

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FAQ

Frequently Asked Questions

How do sound therapy sessions work in a business setting?

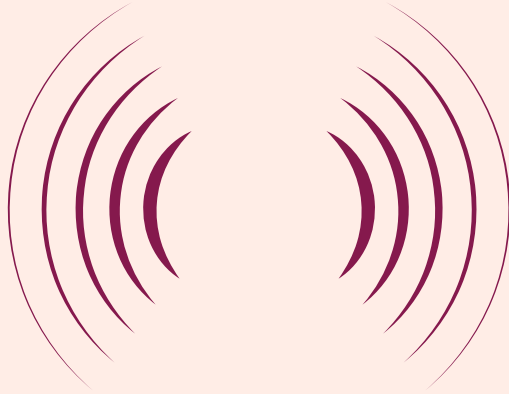
Based on the session type, we can cater to groups of 5 to thousands of individuals by conducting sessions at your offices globally, at a chosen venue, or by organising online sessions. Each session is tailored to meet your specific needs.

Do my employees need musical skills?

No musical knowledge is required. All of our workshops are accessible to everyone.

What measurable benefits can I expect for my company?

We've seen significant improvements in well-being, communication, and creativity in teams that have participated in our sessions.



Ready to transform your work environment?

Don't hesitate to offer your employees a unique well-being experience at work. Contact Swiss Sound Therapy to learn more about our business-focused services.

CONTACT DETAILS



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