

Sonia Weyers, PhD

Sonia Weyers leads experiential workshops on “Cultivating Well-Being No Matter What!” She is also coach, Gestalt-therapist and *consultant candidate* in the A.K.Rice Institute’s Training & Certification Program. In all her activities, Sonia brings the benefit of her lifelong commitment to personal development and facilitating the development of others. She works with her clients to mobilize their resources and tackle their professional and personal projects and challenges, bringing to the task her listening and organizational skills, coupled with a creative and multicultural outlook.

Since 2008, Sonia has used her extensive Gestalt training with individuals and groups, to help them deepen their awareness of themselves in relation with their environment, with an aim towards higher effectiveness and well-being. Sonia has also been on the board of a non-profit music school from 2007 to 2014 and led the organization from October 2010 to July 2014, using her skills to implement a significant cultural and financial turnaround.

Prior to that, Sonia ran a scrapbooking business, from 2003 to 2009, coaching the creative process in workshops for groups of 3 to 20 people. In these workshops, enhancing photographic memories often also had a powerful human impact, strengthening the sense of connection and improving members’ sense of well-being.

From 1999 to 2002, Sonia served on the INSEAD faculty, teaching and doing research on strategic applications of Game Theory. She published articles in Economic Theory and the Journal of Mathematical Economics and developed an MBA elective.

Sonia holds the Executive Masters in Consulting and Coaching for Change (2012) from INSEAD and the European Certificate for Psychotherapy (2014). Sonia also holds a PhD in Business (1999) and a Masters in Statistics (1993) both from Stanford University, and a Masters in Engineering (1990) from Université Catholique de Louvain in Belgium.

Bilingual French-English, Sonia is a dual citizen of Belgium and the United States. She has lived in the US, Belgium, Switzerland and France, where she has been since 1994. The mother of four, she has also made it a strong priority to parent her children and help them to develop their potential.