

Sonia Houria Rivas

Speaker, Founder of Women Make Waves

Bridging ancient wisdom and modern science – delivering tools for resilience, connection, and collective thriving.

Keynotes and talks that reconnect leaders, teams, and communities to what makes us human.

Resilience

Adaptive Leadership

Collective Wellbeing

Confidence

Decision-Making
Under Pressure

Cultural Intelligence

Emotional Regulation

Fear Mastery

Sustainable Performance

Ready for transformative tools at the crossroads of ancient wisdom and modern science?
Inspire your audience with a keynote that brings energy and leaves a lasting impact.

Book Sonia today

Available for keynotes, panels, and interactive sessions – globally and online.

Nature's Cure: The Ancient Formula for Modern Mental Health and the Isolation Crisis

From Amazigh wisdom to modern research - a blueprint for resilience in a disconnected world.

Who this is for:

Leaders, teams, and communities ready to strengthen connection, resilience, and performance by bridging powerful time-tested knowledge with the latest findings in modern science.

Synopsis:

Drawing on the deep cultural wisdom of her Tunisian Amazigh roots, French heritage, and other traditional cultures, Sonia blends ancient knowledge with modern science, positive psychology research, and organisational studies. The result is a grounded, human-centred keynote on mental health and connection.

She shares practical, evidence-based tools that restore belonging, strengthen team culture, build healthier social structures, and reduce the hidden costs of disconnection — in the workplace and beyond.

Formats:

- 20–30 min keynote
- 45–60 min keynote + Q&A
- Half-day / Full-day workshop

Suitable for:

Unlimited participants

Skills:

Leadership, Connection & Belonging, Cross-Cultural Communication, Emotional Resilience

Outcomes:

Reduce anxiety and isolation by restoring connection — to self, others, and nature.
Strengthen belonging & team cohesion with practical, inclusive rituals.
Build a resilient culture with evidence-supported, time-tested practices.



“Sonia’s session shifted the room, even through a screen. Despite the post-COVID disconnection, she used breathwork and simple, human-centred meeting practices to bring us back to each other. We left more cohesive, energised, and ready to bring our whole selves to the table.”

— Adidas Inspire participant

“Within minutes, Sonia had the room leaning in. Her tools were simple yet profound, sparking conversations and commitments that lasted long after the event. Our audience didn’t just feel inspired. They left ready to act.”

— IAMPOWER Co-Founder

“The way Sonia weaves culture, science, and storytelling is unlike anything I’ve experienced. She doesn’t just speak to the mind; she speaks to the soul, sending you away with tools you can use immediately and a fire you can’t ignore.”

— We Rise attendee

Signature Talks

A curated range of keynote and workshop topics designed for maximum impact and relevance.

Performance & Leadership

Inspiring keynotes to unlock resilience, confidence, and high performance under pressure.

The Resilience Equation: Courage + Culture + Connection

Belonging as a performance multiplier; build collective resilience with proven cultural patterns.

Thriving Through Change: Identity, Adaptability & Resilience

Anchor in who you are to stay flexible and effective through uncertainty.

Fear as an Ally: Turning Stress into Strategic Advantage

Convert the body's fear response into clarity, innovation, and courageous action — with safe recovery protocols.

Unshakable Confidence: The Art of Self-Trust

Build self-trust so confidence becomes your baseline under pressure.

Pushing Limits Without Breaking

Grow capacity and hit goals without burnout by working with the body's natural rhythms.

outcome

Audiences leave with practical tools to master stress, build self-trust, and lead with clarity, adaptability, and confidence under pressure.

Culture & Sustainability

Stories and tools from ancestral wisdom and nature for modern connection and wellbeing.

Nature's Cure: The Ancient Formula for Modern Mental Health and the Isolation Crisis

Practical tools for resilience, belonging, and adaptability in a disconnected world.

From Disconnection to Belonging: Nature-Based Teachings for Modern Life

City-friendly practices to improve mental health and deepen connection.

Wisdom in Action: Cultural Preservation as a Modern Leadership Skill

Ancestral knowledge as a blueprint for ethical, innovative leadership.

Breath, Ocean & Earth: Ancient Practices for Modern Resilience

A sensory journey in breathwork, water, and land-based tools to restore balance.

outcome

Participants are inspired to see ancestral wisdom not as the past, but as a living blueprint for resilience, innovation & ethical leadership. Leaving equipped to integrate it into solutions for a rapidly changing world.



About Sonia



Sonia is a French-Tunisian-Australian Integrative Inner Power Coach, breathwork instructor, and cultural conservationist dedicated to helping people build resilience, courage, and authentic leadership.

Through her work with Women Make Waves, she blends science-based performance tools, surf-inspired training, and ancestral wisdom from oceanic and desert traditions.

Drawing on lessons from the ocean, Sonia equips audiences with practical strategies for making clear decisions and performing under pressure in high-stakes leadership, personal change and community challenges.

Sonia's talks and workshops invite audiences to connect deeply with themselves, each other, and the Earth; unlocking clarity, adaptability, and a renewed sense of purpose in the face of change.

Audience Fit

Ideal for:

- TEDx, Bioneers, UN & global summits
- Corporate & NGO leadership events
- Educational institutions & community programs
- Leadership & personal growth retreats

Media Kit

[Download Sonia's Media Kit](#)

Includes:

- High-resolution headshots (portrait & action)
- Bio in 50 / 120 / 250 word-formats
- Intro script for MCs & event hosts
- Logo & branding elements
- Sample interview questions

Working Together



Invite Sonia to Speak

womenmakewaves.contact@gmail.com

[View Speaking Page](#)