

# Sonia Lancaster

Master in Applied  
Positive Psychology;  
B.Science



Sonia translates her learnings as a behavioural ecologist, research scientist and lifelong meditation and eastern science practitioner, to empower others to achieve their absolute potential in life.

Working as a behavioural ecologist and research scientist for 9 years, her expertise lies in using her strong observational and deductive skills in studying animal behaviour, which relates to the study of human behaviour. Her innate ability to draw parallels between animals and humans has been inviting to those clients that are looking to break old patterns.

Sonia uses her diverse background rooted in the eastern science of meditation, theosophy, esoteric science and attunement mixed with my western science background of research, behavioural ecology and the scientific method to provide answers to the long-term issues that we all face each day. In developing programs and providing one-on-one and group sessions to a broad range of clients, she uses her skills, experience and expertise to help them achieve their best versions in life.