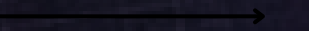


I LOVE MY LIFE / I LOVE MY BODY / I LOVE MYSELF

BY

SHAFT UDDIN

COACH / SPEAKER / ENTERTAINER





**SHAFT UDDIN**

*TRANSFORMATIONAL ENTERTAINER*

# Introduction **ABOUT ME**

**I'm Shaft Uddin - a certified Trauma Release Therapist, Coach, Speaker, and Entertainer. I'm an expert in the field of Human Connection.**

I believe human connection is the key to living a long and fulfilling life. My mission is simple - to help you transform your inner monologue from *"I hate myself"* to ***"I love myself."*** If I can accomplish this for just one person, then I feel like I've made a difference in the world.

With cities designed for efficiency rather than holistic well-being, I am dedicated to helping people reconnect with their hearts and find deeper connections, productivity in the workplace, and more meaningful relationships.

For almost a decade, I've helped thousands of people from all over the world transform their lives. And I can't wait to help you too. →

# My SERVICES

## **Health & Wellness talks and workshops**

I provide a 1 to 2-hour workshop on various topics related to relaxing the nervous system, bio-hacking and holistic living

## **21 Day Mindset Challenge**

Mindset Breakthrough Experience  
1 Day workshop on how to change your mindset for success.  
Reduce stress & Anxiety.

## **The Shaft Show**

Entertainment & Education show to help your team to break through their limited beliefs.  
Emotional Regulation  
Stress Management  
Breathwork

## **+ Many more personalized programs**



**1000+**

**PROGRAMS SOLD**

**100+**

**VIP CLIENTS**

**50 MILLION VIEWS**  
**50K+**

**Followers across**  
**IG/YOUTUBE**

**200+**

**Talks/Workshops**  
**Events**

**FOR A LIFE**  
**CHANGING**  
**RESULT**

@SHAFTUDDIN



# What MY CLIENTS THINK

"I suffered from anxiety, and stress and coped with alcohol and addiction to drinking, smoking, and caffeine and struggled to find relief through traditional methods. But with Shaft Uddin's techniques around relaxing the nervous system and breathwork, I have completely transformed my life.

His protocols have helped me in ways doctors couldn't. Today, I am able to manage my symptoms and have found a sense of peace and well-being. Shaft Uddin's caring and personalized approach made all the difference in my journey to recovery. I am eternally grateful for his support and guidance."

**Emma - UK**



# Motivational SPEAKER

**My biggest fear was public speaking. Now I'm a Motivational Speaker.**

My biggest fear was dancing in public. Now I'm a Professional Dancer.

My biggest fear was the fear of rejection. Now I've overcome my social anxiety.

**Our biggest pains become our biggest passions to serve humanity.**

After decades of struggling with mental illness and my health, I've hit rock bottom several times. But I always bounce back stronger. My journey includes battles with suicide, depression, and addiction, but it's led me to a place of loving my life, my body, and myself. As a speaker, I inspire heart-centered leaders and tailor-make my talks to your business, whether it's increasing productivity or becoming the best version of yourself. I create safe spaces that give people permission to be themselves, and I'm ready to add value to your audience.

Give me a theme and I can construct a high-impact talk to motivate your company or community to be the best versions of themselves.

**Book me now, and let's make your event an award-winning success!**

**Let's make your event unforgettable.**



**ROYAL PARK STOCKHOLM**

CONSCIOUS WAYS TO CONNECT

TUESDAYS / 18:30 - 20:00

**GATHERINGS**

DISCOVER NEW INNOVATIVE WAYS TO BUILD COMMUNITY, PRESENCE AND PURPOSE.

"I LOVE MY LIFE! I LOVE MY BODY! I LOVE MYSELF!  
The most amazing way to connect with like minded people.  
I'm more focused at work and have more authentic relationships"

<p><b>LET US BUILD A COMMUNITY</b> of entrepreneurs who are into a sustainable way of living. Working in harmony with our mind, body, spirit and the environment.</p>	<p><b>18:30 - 20:00: WORKSHOP</b> - Opening coffee meditation - Different workshops every week - Community building exercises - Chill, chitchat and dinner together</p>
---	---

99 KR / PERSON

**BOOK NOW**  
[www.royalparksthlm.com/en/event/tuesdaygatherings/](http://www.royalparksthlm.com/en/event/tuesdaygatherings/)

THE COST HELP US TO SUPPORT THE CHARITY WORK DONE WITH THE FOUNDATION DESERT FLOWER SCANDINAVIA  
WWW.DESERTFLOWER.SE

**HAGA HEALTH CLUB**

22-24 JANUARY

CONSCIOUS MEN'S GROUP

**PEACEFUL WARRIOR**

OPEN UP TO YOUR POWER AND VULNERABILITY.

SPARRING & SHARING / SELF- DEFENCE / WORKOUT & COACHING

<p><b>JOIN OUR MEN-TORING GROUP</b> Expirence radical self-expression, and deepening of brotherhood. We train together and support one another to build a better community of empowered men.</p>	<p><b>TRAINING PROGRAMME</b> - Co-create space of openness and power - Platform for self transformation - Learn to bring awareness and focus into your body and mind</p>
--	--

3899 KR / 3 DAY RETREAT

**BOOK NOW**  
[www.hagahealthclub.com/trana/peacefulwarrior/](http://www.hagahealthclub.com/trana/peacefulwarrior/)

THE COST HELP US TO SUPPORT THE CHARITY WORK DONE WITH THE FOUNDATION DESERT FLOWER SCANDINAVIA  
WWW.DESERTFLOWER.SE

**HAGA HEALTH CLUB**

SUNDAYS / 11:00 - 13:00

SUNDAY SCHOOL

**SOBER DANCE PARTY**

END THE WEEKEND ON A NATURAL HIGH AT ROYAL PARK STHLM AND HAGA HEALTH CLUB.

199 KR / PERSON

Come with your childlike curiosity for a playful fun and revitalizing day of conscious events to help you feel alive to kickstart your working week.

**11:00 - 13:00: SOBER DANCE**  
- Opening coffee meditation  
- Connection games  
- Community building  
- Dancing, live performers  
- Closing meditation

**BOOK NOW**  
[www.royalparksthlm.com/en/event/sunday-school-raveolution/](http://www.royalparksthlm.com/en/event/sunday-school-raveolution/)

THE COST HELP US TO SUPPORT THE CHARITY WORK DONE WITH THE FOUNDATION DESERT FLOWER SCANDINAVIA  
WWW.DESERTFLOWER.SE

**HAGA HEALTH CLUB**

CONSCIOUS WAYS TO CONNECT

4 - 6 DECEMBER

**COUPLES RETREAT**

RELAX AND ENJOY THE ULTIMNATE GIFT FOR EACHOTHER.

LUXURY WEEKEND EXPERIENCE / COUPLES WORKSHOPS / DAY SPA AND MUCH MORE...

<p><b>WELCOME TO CONSCIOUS LUXURY</b> Relax and surrender to your sense as you enjoy the calmness and serenity of Haga National Park. Enjoy a weekend put together to help you connect deeper with one another.</p>	<p><b>3 DAY RETREAT</b> - Pure organic plant-based breakfast - Deepen your relationship workshops - Brunch Royal - Massage and Spa treatments - Access to Haga Health Club</p>
---	--

**BOOK NOW**  
[www.royalparksthlm.com/en/event/couplesretreat/](http://www.royalparksthlm.com/en/event/couplesretreat/)

THE COST HELP US TO SUPPORT THE CHARITY WORK DONE WITH THE FOUNDATION DESERT FLOWER SCANDINAVIA  
WWW.DESERTFLOWER.SE

# Hotel & Spa CASE STUDY

## Royal Park Stockholm & Haga Health Club

**Weekly Gatherings:** Connection games for entrepreneurs to come together and co-create.

**Men's Circles:** Creating heart-centered leaders.

**Sober Dance Parties:** Wellness, dance events to build community.

**Couples Retreat:** Build better relationships.

# Podcaster LIVE-IN LIVESTREAMER

## Welcome to The Shaft Show!

I'm thrilled to be here, and I'm passionate about the art of storytelling. As your host, I'll expertly interview your guests or deliver solo content with a unique blend of humor, education, and entertainment that keeps your audience captivated.

But that's not all. As a transformational coach, I offer live coaching and experiences that provide your audience with the tools they need to transform their lives.

Whether it's achieving greater success, improving their relationships, or living with more joy and purpose, I'm here to guide them every step of the way.

So, if you're looking for a live-in live streamer or podcast host who can deliver engaging content and transformative experiences, look no further than The Shaft Show. **Join me in making your show a success!**



**ROYAL PARK**  
STOCKHOLM

FREE COACHING FRIDAY / LIVE 11:00-12:00

INSTAGRAM: @shaftuddin | YOUTUBE: Shaft Uddin



*let's work*  
**TOGETHER**

---

WHATSAPP // +44 7977 149 091



@SHAFTUDDIN

the\_uddin@hotmail.com

A man with long dark hair, wearing a white fringed shawl and brown pants, is captured in a dynamic dance pose. He is smiling and looking towards the left. In the foreground, the back of a woman in a light pink t-shirt and dark pants is visible, along with the side profile of another woman in a teal top. In the background, several women are sitting on blue mats on a wooden floor, watching the performance. The setting is a studio with a wooden ceiling and large windows.

I LOVE MY LIFE / I LOVE MY BODY / I LOVE MYSELF

GET IN TOUCH TODAY

SHAFT UDDIN

COACH / SPEAKER / ENTERTAINER