



Stéphanie Noëllis is a multifaceted professional in the arts and culture sector, seamlessly blending her talents as a singer, vocal coach, drama teacher, and wellness expert. With over 17 years of experience, she has carved a niche in empowering individuals through creative and therapeutic avenues.

Stéphanie is renowned for her international stage performances, as well as her dedication to nurturing talent through vocal coaching at Voxlab, powered by Zenlife, where she helps individuals of all ages master their voices. She also teaches drama at a private institution, writing and directing musicals that foster creativity and build confidence in her students.

Beyond her artistic pursuits, Stéphanie is the founder of Zenlife Mauritius, a pioneering wellness initiative aimed at combating stress and promoting personal growth. Through Zenlife, she combines her expertise in music therapy, cognitive behavioral therapy (CBT), drama, and meditation to offer unique wellness experiences such as corporate music therapy sessions, guided meditations, and immersive sound baths. These sessions integrate the arts with mindfulness practices, creating transformative experiences for participants.

Stéphanie collaborates with the Ministry of Arts on diverse projects, including the creation of a documentary titled Sur la Route du Succès, la Force du Mental, which will soon be released.

She has also collaborated with the Small and Medium Enterprise (SME) sector as a trainer in mindset shifts and communication. Additionally, she has worked with women's councils on projects like Girl Be Slammers, empowering women through creative expression. As a semi-finalist in African Storytelling, she demonstrated her exceptional ability to inspire and connect through narratives.

Stéphany signed a contract with Novel Angle, a French company specializing in audio production, where she creates audio stories and guided meditations. She also runs her own channel, where she narrates stories and leads listeners into states of deep relaxation.

As an accomplished MC, Stéphany has hosted numerous events and frequently appears on television, working with hosts such as Nathalie Didier to share insights on well-being and happiness. She uses her voice not only for artistic endeavors but also as a powerful tool to guide people into states of calm and mindfulness.

Her unwavering commitment to using arts and wellness to inspire and uplift has earned her multiple accolades, including the Women Entrepreneur Award 2023 and the People's Choice Award for Women Leading Business in 2024, solidifying her status as a leading figure in the intersection of culture and holistic well-being.



A DETAILED CV OF STÉPHANY
NOËLLIS

LIFECOACH, VOCAL COACH , MUSIC THERAPIST CBT PRACTITIONER AND MEDITATIONER PRACTITIONER

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SKILLS

- leadership
- Teambuilding
- Time management
- Strong Sense of communication and organizational skills.
- Holder of a grade 8 Music Theory Royal School of Music.
- Very creative and can easily work and design different concepts.
- Vocal and stage Management coach.

EXTRACURRICULAR ACTIVITIES

- Training programs, workshops and therapy at future Hope and other NGO's (2022)
- The motivational music therapy program with Sarepta's grassroots project of women who inspire.(2022)
- Music therapy and wellness with MIPS (2022)
- wellness program (TERRA foundation) 2022
- Customer care service workshops with the CNT bus service in collaboration with GO META (october 2022)
- Certified entrepreneurship and business coach
- Certified kids yoga teacher
- Diploma in mental health and wellness
- The stress detox: A stress management framework for leaders
- Cognitive behavioral therapy practitioner
- Psychology and therapy of addictions
- Psychology of older age : gerontology
- Diploma in color therapy
- Dream builder :the women's business creator
- Academy for women entrepreneurs start up challenge
- Music therapy for chakra & kundalini
- innovative methodologies in Economics and Human centered Designed
- NLP practitioner
- Indian music therapy

PROFESSIONAL PROFILE

My name is Stéphanie Noëllis .I've been involved in the arts for over 17 years. My professional path taught me about the power of thoughts and feelings. Art has allowed me to advance in a variety of fields, including music instructor ,Vocal coach author, screenwriter, movie director, and storyteller, which earned me a spot in the African Ultimate Storytelling Competition semi-finals.

My curiosity about how our brain works in relation to music has been piqued by the discovery that music can reconnect certain parts of the brain, including memories.

My interest in human cognitive behavior grew over time as a result of both positive and negative life experiences.

I am now a professionally certified life coach, author, and skilled coach in neuroscience, meditation, mindfulness, and emotional freedom Technique (EFT), arts and music therapy. My qualifications come from institutions such as The Priority Academy in Scotland, The Academy of Modern Applied Psychology in Florida, and Transformation Academy (London).

EDUCATION

- Royal school of music
- Certified professional life coach
- Group life coach
- Employee performance coach
- Music therapy and body based consciousness certification .
- NLP humour therapy to relieve stress and anxiety certification.
- Diploma in EFT-tapping to heal
- Mindfulness practitioner.Level 1,2,3 & Master.
- Meditation practitioner/Teacher
- Meditation guide
- Certified entrepreneurship and business coach
- Certified kids yoga teacher
- Diploma in mental health and wellness
- The stress detox: A stress management framework for leaders
- Cognitive behavioral therapy practitioner
- Psychology and therapy of addictions
- Psychology of older age : gerontology
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2022 GRADUATION

- Wavemakers graduation day - US EMBASSY /WAKEMAKERS (27 april 2022)
- Academy women entrepreneurs- US EMBASSY /AMFCE (5 july 2022)
- Women leadership Academy -DALE CARNEGIE ,MIOD (23 september 2022)
- Be a spark , training of trainers – (JCI / GO META) (17 november 2022)



ZENLIFE

— LEVEL UP YOUR MIND —

Stéphany Noëlis

Lifecoach ,Music therapist

CBT practitioner

and

meditation practitioner

EXPERIENCE

•	More than 17 years of singing and entertaining experience in five stars hotel resorts in Mauritius and abroad(Hong-kong, Belgium and Australia)
•	6 years as music instructor at Stepahead English Private School
•	6 years experience as composer of theatrical performances and musicals
•	Jury in a singing competition "STAR" organised by the MBC
•	Master of ceremony for different events
•	Scriptwriter ,movie director, producer of short movies and documentaries
•	Vocal coach ,Music therapist at Voxmusic Lab

AWARDS

- Won the Master Award Trophy in Music and Arts achievement Award organized by Arta indianoceanika.
- Won the jury Award 2nd prize for the Movie "karma" organized by the MFDC.
- Won the best script Award for the Movie "karma". Organized by the MFDC.
- Won the Award (Women of the year 2020) Emerging influential Woman in Arts and culture organized by Train2Gain.
- Won the best script Award for the Movie "Laeticia",a National awareness campaign on child abuse 'pas touss nou zefan' organized by the hindou house, united chinese associations and Mfdc.
- Won the Award (Woman super achiever 2021).
- Won best actor's award for the movie Dream ticket (2022).
- won the jury's Award , 2nd best film for the movie dream ticket (2022).
- won the jury's appreciation award for the documentary 'les énigmatiques pyramides de l'île Maurice National heritage award (2022).
- won the women of the year 2022 award (Most impactful women in Arts and Culture)
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HISTORY

- Social work and music workshop (1999 - 2002) "Soeurs Missionnaires de la chariter" (Mère Theresa) Roche Bois and at Foyer Père Laval
- Singer (2001-2010) at Maritim hotel
- Singer (2010-2012) at Lux Bellemare hotel
- Singer (2012-2019) at Long beach, Maritim and Sensimar hotel .
- Empowerment of vulnerable groups (youngsters and women (2014) in life skills, Music therapy and social work
- Social work (2013-2018) vocal coach and Theatrical workshop at "Future hope"
- Social work (2019)at the national woman council (vocal coaching)
- Master of ceremony (2019) for a bridal show at val de vie
- Master of ceremony (2019)for the 'Zilatino' Dance association at Hacienda plaza
- Master of ceremony (8 December 2019) Flex and Fitness gym competition.
- Participant in 'Festival Kreol' poem section (5 December 2019)
- Master of ceremony at Hennessy park hotel for international artists such as Daddy Killa (singer). St Juste & Emma (salsa dancers and teachers from France), Dj Lowrenz from Reunion island. (7 December 2019)
- Artistic and music coordinator for Arta Indianoceanika (2019)
- Actress with Romenco Juste (Mamyklown) and Sam Ammigan in TV Show "Sa 2 La" broadcasted on Mbc TV
- Owner of a youtube channel and facebook page for youngsters, providing audio storytelling.
- Script writer, movie director and actress in "les larmes du pardon" who won the Jury's prize in the MFDC FILM COMPETITION CHALLENGE. (2017)
- Script writer and movie Director for a short movie "Passerelle" (2018)
- Scriptwriter and director for "karma" a thriller movie who won the Best script Award and also the 2nd prize jury's award for the MFDC 7 days challenge (2020)
- Scriptwriter and director for 'Koffy Konfiner" an inspirational short movie to stay at home in these days of confinement.(2020)
- Created her own event label (2019) 'lullaby production' providing live and professional entertainment with a vision to design and create unique events.
- Jury for casting and Talent show for a beauty contest first sweet lady Mauritius(2020)
- Sponsoring 2 months of Vocal music workshop with the label of Voxmusic Lab created by my husband Mike Noellis and myself for the finalists of first sweet Lady Mauritius 2020
- .Master of ceremony (25 September 2020) for a beauty contest "first sweet lady Mauritius 2020"
- Created an original musical show for the ministry of Arts and culture " Un petit prince nommé courage"broadcasted on Mauritius Broadcasting Corporation (2021)
- Created an original story on covid-19 entitled 'INDIRA", already published online this year on the platform of the Ministry of Arts and culture.(2021)
- Representative for "Association culturel de l'océan indien" based in Reunion island which has other branches in Mayotte, Comores, Madagascar and Mauritius
- Release a single entitled "Mo Kontan Twa."(2021)
- Produce a Documentary "Les Énigmatiques Pyramides de l'île Maurice "which won the jury's appreciation prize Ministry of art and patrimoine . (2022)
- Enters Africa's Ultimate Storyteller contest .Have been qualified for the 1st round and has actually reached the semi finals. (2021).

- A story on Mauritius island 'Melodies d'amour a l'île Maurice will be published in 2023 by the Ministry of Arts and culture.

- Performed at Festival kreol 2022 , a musical poem called REEKIRIR LIVRE TO LA VIE

LAUCH THE FIRST EDITION OF THE VOXMUSIC SHOW AT CORAL AZUR IN DECEMBER 2022 .
(A MUSICAL SHOW OF 2 HOURS WITH OUR STUDENTS)



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2023

.	Work in collaboration with SME on Manage your business program
.	Work with the national woman council on different projects personal development such as Music therapy, slams ,NLP,Voice coaching and Drama
.	Work with 4 hotels around the island for live performances. LONG BEACH ,LUX ,LE CANNONIER,
.	VOCAL COACHING ONE ON ONE AND GROUP COACHING (VOXLAB)
	RELEASE A NEW SONG (FAM) ON INTERNATIONAL WOMEN'S DAY A CAMPAIGN AGAINST VIOLENCE. (8 MARCH)
	GRADUATED FROM BUSINESS WITHOUT BORDERS (AUSTRALIA AND MAURITIUS) (2 MARCH)
	Collaboration with the ministry of arts and train to gain on a documentary based on personal development
	CREATED AND PERFORMED AN ORIGINAL SONG FOR THE ROTARY OF BAGATELLE
	LAUCH THE VOXMUSIC CHALLENGE 2023 WITH THE COLLABORATION OF INTERNATIONAL PRODUCER : JDR PRODUCTION

AWARDS AND RECOGNITION 2023

- Won the International visionary and women of wonders award (iconic trail blazing women of wonders (SOUTH AFRICA)
- Recognition from Brahma Kumaris for my active participation on African Day.27 May 2023
- Medal Recognition on the International Day for the Eradication of Poverty by CODEPA
- Finalist for the women entrepreneur Awards 2023

worshops and trainings delivered to empower women and children

- Talk on self-love: On Saturday, March 25, 2023, we explored themes like self-discovery, self-acceptance, fear management, and building self-confidence.
- Music therapy(personal well being programme at terra for the month of health. May 2023.
- Girls be slammers for the women council.
- mindset and leadership for sme
- long life learning with the women council
- Intervention at the Global Peace House, using music to inspire people towards achieving global peace goals. 23 september 2023
- Music therapy session and song writing workshop on the environment and cleanliness with vulnurable children and school participants .5 june 2023

RADIO AND TV PROGRAMS

- **My participation on TV shows on MBC TV
(Mauritius broadcasting corporation):**

- 'FAM MODEL' :broadcasted on February 2020
- 'PROFIL" broadcasted on Thursday 03/12/2020
- "ELLE" broadcasted on the 27th of December 2020
- Musical show with the exotical Band broadcasted on the 30th December 2020
- Fam model on storytelling broadcasted in 2021
- A tv show on MBC called `le bonheur` broadcasted on the 15 august 2022.
- A tv show on MBC called ` self love` broadcasted on the 20 november 2022
- FAM MODEL Music Therapy broadcasted on december 2022

2023 RADIO STATION

Promoting awareness against violence with my song FAM

- Point virgule au féminin with Lizzie Ganapathee on kool Fm 20 MARS 2023
- le club avec Miguel Hermelin radio one 9 mars
- launch of my song 'Fam' with hashley cornet kool fm 8 march

On social networks,

- Presentation of my company Zenlife Mauritius by Stéphany Noëllis in OU KI OU (31 march)

Stéphany Noëllis

BUSINESS

• 2021

- (LAUNCH ZENLIFE, A COMPANY THAT OFFERS WORKSHOPS AND COACHING PROGRAMS RELATED TO PERSONAL DEVELOPMENT AND IMPROVED MENTAL HEALTH USING EVIDENCE BASED THERAPY , PARTICULARLY WITH MUSIC AS THE MAIN MEDIUM.

• 2023

This year, in 2023, I expanded my business, ZenLife, by diversifying into video production, providing live bands for events, and offering song composition services for companies and special occasions.

ONGOING PROJECTS

- I've written and am directing a two-hour musical play for Brightfield International School, where the children will be performing on December 6 2023 at the Cote D'or Complex.

NGOS

- MEMBER OF AMFCE (ASSOCIATION DES FEMMES CHEF D` ENTREPREPRISES
- MEMBER OF AL SHAMS ASSOCIATION
- COACH AT FUTURE HOPE STE CROIX AND MKIDS





Stéphany Noëllis

Professional Activities in Arts and Culture

2023

- 20 November: Invited to sing La Marseillaise, the French national anthem, for the French ambassador.

2024

- 19 January: Recorded the song Cry for Love, produced for sale by an international producer.
- 24 February: Participated in a mental health awareness project by the Rotary club, showcasing how music contributes to mental well-being.
- 7 April: Appeared on a live TV show on MBC with Nathalie Didier, sharing tips to inspire happiness and guide audiences toward well-being.
- 4 May: Performed at a gala evening to raise funds supporting women affected by domestic violence, singing the empowering song Femme.
- 3 August: Invited to perform at Sax and Arts, Saigon's premier jazz club, where she met renowned Vietnamese saxophonist Trần Mạnh Tuấn.
- 5 August: Collaborated with DoFrance, a master of sound in wellness, for a special wellness session in Saigon, Vietnam.
- 15 October: Invited to perform for the Chinese ambassador in celebration of the anniversary of Culture on the Move, a renowned Chinese association.
- 16 October: Acted as MC at Coral Azur Hotel for the birthday celebration of the hotel director.
- 17 October: [Won the People's Choice Award 2024 in the category of Best Women's Leading Business.](#)
- 1 November: Participated in the United Music Festival at Hive, performing live alongside international artists from Russia and Ukraine.
- 2 November: Served as MC for a unique show featuring Reunion Island dances and the Mauritius Latino Dance Association at Coral Azur Hotel.
- 19 November: Wrote and directed a two-hour musical titled The Last Seed of Hope for Brightfield International School, presented at MGI after nine months of preparation.
- 1 December: Stephany performed L'Hymne à l'Amour at the farewell party of the Chinese ambassador, organized by the Chinese Foundation at Côte d'Or.
- On December 5, Stephany was invited to perform the Russian anthem at a welcome reception hosted by the ALIF Society for the Russian ambassador.
- 7 December: collaboration with the Ministry of Arts and Culture through Zenlife to offer a music therapy workshop aimed at fostering creativity and learning for more than 500 children.
- On December 16, Stéphany was honored with the "Best in Mauritius: Woman of the Year 2024" award.