

Section: Successful Women  
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The attraction to this petite woman is not just placed on her look that's attractive and feminine. The first time we met at one of the social functions in the capital city, there was a clear feeling this woman has her own special presence. The person named Ar'nie Rozah Maricar Saragih Krogh is a very friendly person and therefore made everyone feel comfortable.

## **“Ar'nie Rozah Introduces Life Coaching For The Benefit of Malaysian Women”**

As if there's a magnetic pull, Ar'nie's conversations quickly make you interested and hypnotised to listen. When told she is a holistic therapist, it is not surprising that everything she speaks about sticks to your mind and is very motivational. What is clear is that the therapy she is pushing out is very unique as it is based on dance.

I am sure it has never crossed our minds for “Belly Dancing” to be used as a form of self therapy. However, according to Ar'nie, this very sensual dance can be beneficial as a therapy that heals.

Added this lady, originally from Singapore, her efforts to introduce Belly dance for pregnant women received encouraging feedback since her introduction in 2001. Besides that, many women who partake in her Belly Goddess Fitness and Therapy sessions is for increasing their sensuality and sexuality; and to shine out their femininity.

“It's true many people perceive this dance as sexy and titillating but I focus more on increasing femininity. When teaching this dance form, I want them to use this dance as an inspiration to bring out more of their feminine side so they'll feel more confident and beautiful. When we have confidence, the way we think, walk and sit will also be different. In a nutshell, it gives an impact to their lives and their relationships.”

“I offer workshops that offers complete transformation to make an ordinary woman become more prominent or what I term “Goddess”. I always encourage beauty from the inside so it shines on the outside and also from the mind first, only then it goes to the body, in terms of weight and body shape.”

“Besides excelling as a Goddess, this dance is beneficial to pregnant women. The idea to introduce my ‘Belly Dance Therapy’ came up from my personal experience during my pregnancy. It is indeed difficult to handle the pain from the physical changes.”

“Before, I often got the services of a physiotherapist or a masseuse but the changes will only be effective for a few days before the pain came back. It was then I remembered the words of a belly dancer friend in Australia who recuperated from an accident practising this dance. Then I stood in front of the mirror and slowly made different movements to lessen the discomfort during pregnancy and also after birth. Alhamdulillah (Thanks to God) it worked and I realised the right techniques can indeed reduce pain,” explained Ar'nie, who has 18 years experience in the field of Belly Dance.

While following her husband for his job placement in the United Kingdom, Ar'nie also opened up her Belly Dance therapy classes there.

## “Skills Improvement”

While her Belly Dance therapy classes got more and more popular, it was then that Ar'nie realised many of her clients came to her not just for physical therapy through dance, just as many came to her to share their problems in life. Because of that, Ar'nie saw it as an opportunity to expand her skills by learning Neuro-Linguistic Programming (NLP) and Life Coaching from the NLP Institute, USA.

“I don't just encourage physical health but also mental health. That is why I take the unique approach of combining physical and mental techniques, to change lives with holistic therapies, including helping women with weight issues to individuals looking to bring back harmony in their relationships and lives”, she said, who has also offered her holistic therapies and life coaching all over Europe.

According to this woman, who has lived all over Europe and Asia, including Switzerland, the Netherlands, France, England, China, Malaysia and Singapore, she feels lucky to be able to see positive changes in her various clients; coming from different culture, with her various skills.

According to Ar'nie too, the field of holistic health is still quite new in Malaysia. She is not only known for her technique in Belly Dance Therapy, she also offers 'life coaching' services. Actually there are still many not familiar with life coaching, she stated.

Though Ar'nie admitted, discussing issues regarding marriages and relationship is still very taboo amongst Eastern society, that's why she opened up a middle road for individuals facing life issues.

“Life Coaching technique in Asia is a little different than what is practised in Europe. Everything has to be taken into consideration, especially from the aspect of culture, religion and issue conflicts.”

“As a coach, I listen to my client's complaints but never once do I judge them. To become a good coach, I have to be sensitive to many things when facing my Asian clients, what more if the issues are related to religion, cultural clash and to the roles of parents in facing the conflicting lifestyles of these modern times”, explained Ar'nie, who also offers corporate coaching through her website <http://www.arnierozahkrogh.com>

Ar'nie hopes more of Malaysian society will see the importance of having a life coach in increasing the quality of their lives.

## “Importance of Family”

In sharing her life as a wife and mother of four, her family is the most important to her. No matter how busy her life gets in running a business, she still loves to look after the needs of her children.

Whenever she is free, mother to Adeena Maia, Amelia Zara, Asger Seif and Arièna Ayla will take them out for social activities. According to the woman who has been married for 14 years to Anders Krogh, originally from Denmark, she has her own ways to keep the harmony in her marriage.

“We always create a romantic feel. Every day, we are like new lovebirds. That is what makes our relationship close and always warm, despite being married for so long”, she explained.

Speaking of the upcoming Christmas celebration, Ar'nie shares that she is close to her in laws despite the long distance. That is why every year they will celebrate this festival albeit slightly differently.

“Actually, my in law family celebrate Christmas not as followers of the Christian faith but as descendants of the Vikings. Even though we are far apart, we never forget our parents celebrating in Denmark. Normally, my husband and I will send some money to my sister in law to buy their parents presents after a discussion with each other,” explained Ar'nie who has the skill to speak in 10 languages, including American Sign Language.

End of Interview.

p.s I actually speak 7 languages (in different levels) not 10. ☺