



12-13 February, 2024 (Monday-Tuesday)

Wellness through Neuro Linguistics Programming (NLP)

FEE:
PKR 24,000
(Plus Tax)

F2F, LAHORE

9:30 AM - 5:00 PM



Wellness Through Neuro Linguistics Programming (NLP)

Course Objectives

- Improved relationships with clients and colleagues
- Establishing and improving personal relationships.
- Transition to a positive perception of the world.
- Overcoming the consequences of negative experiences in the past.
- Coordinating the objective, personal beliefs and values.
- Removal of unwanted habits.
- More pleasure from life

Course Contents

- Understanding Neuro Linguistics Programming (NLP)
- Relativity between NLP and Mental Health Issues
- The Structure of Experiences in our lives
- The power of Anchors
 - ◊ Intentional Anchors
 - ◊ Unintentional Anchors
- Managing Your Mind
- Modalities and Emotional State
- Removing Negative Auditory Cues
- Choosing and Changing Emotional State
- Expectations and Performance
- The Power of Mental Rehearsal
- Drivers - Energy, Enthusiasm and Optimism
- Listening to Inner Voices
- Upgrading Self-Concept

Facilitator

Dr. Hanif Mohammed

Dr. Hanif has been associated with the training business for 28 years. He has trained and consulted more than 260 companies in USA, Singapore, Bangladesh, Canada, UK and Pakistan. He holds double doctorate from Switzerland and Argentina specializing in the areas of Strategy, HR and Financial Economics. He holds a Masters in Education Administration from California, USA with specialization in Instructional Design. Dr. Mohammed was awarded the Best Trainer of Pakistan by Pakistan Society for Training and Development. He was also awarded the Best Trainer by Education Minister for being rated best trainer in eight out of ten Higher Education Commission run projects on training Faculty of Government Universities in Karachi.