



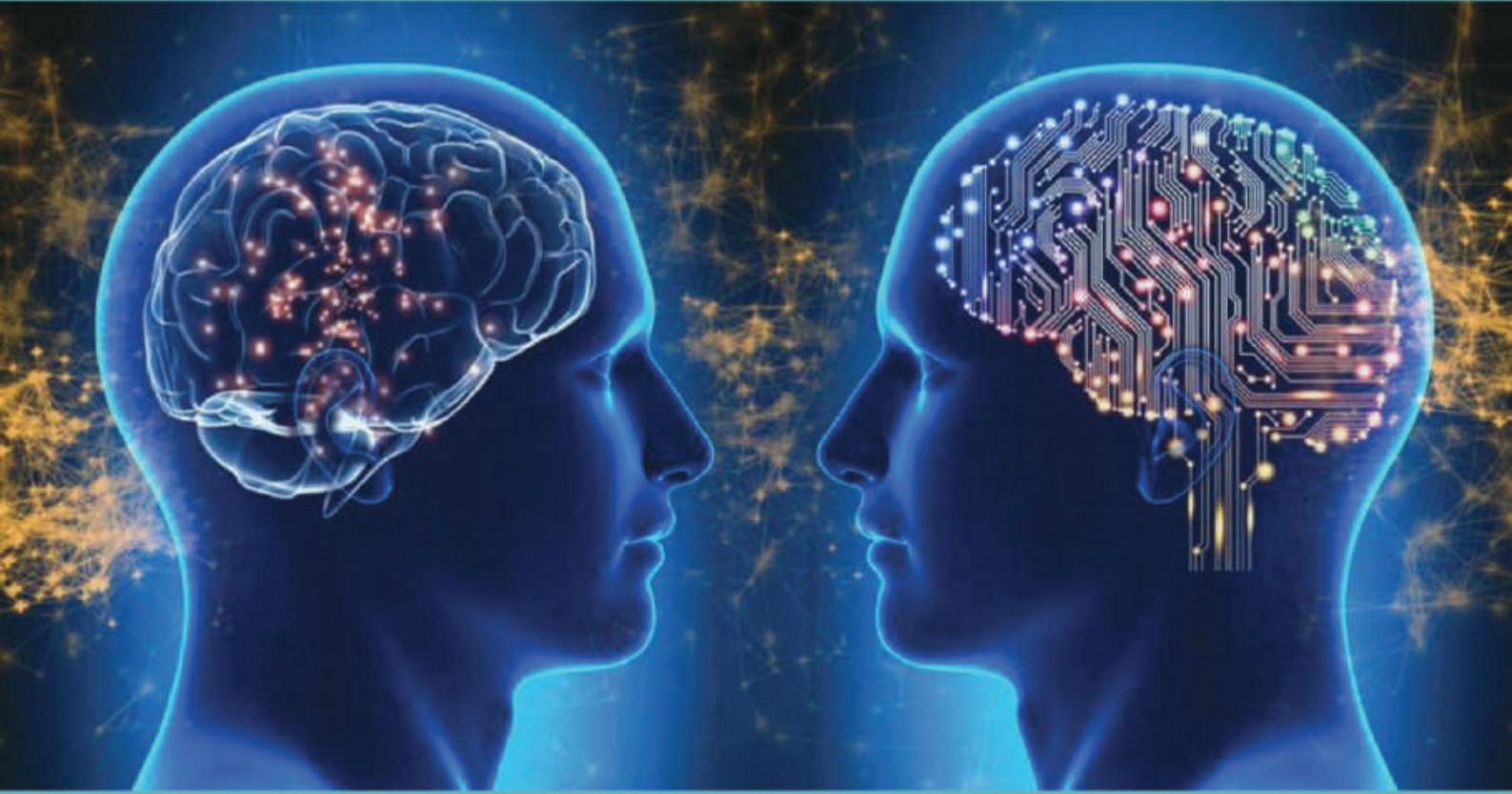
**Indian
Leadership
Academy**

Leading with Wisdom



NLP AND MINDFULNESS

4 Days Program



Info@indianleadershipacademy.com
www.indianleadershipacademy.com



What is NLP ?

NLP or Neuro Linguistic Programming is a set of psychological techniques which helps in your Professional and Personal Development.

Benefits of NLP

- Become a highly skilled and powerful communicator through NLP techniques.
- Increase your sensory awareness.
- Master your mind and emotional states.
- Empower and motivate yourself and others.
- Develop great rapport and strong relationships at work, change unwanted behaviors in yourself.
- Learn how to easily resolve conflicts with others.

What is Mindfulness ?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. It is moment- by- moment awareness of our thoughts, feelings, bodily sensations and surrounding environments.

Benefits of Mindfulness

- Improved attention, focus and concentration.
- Reduced stress (ability to calm down when upset.)
- Improved impulse control.
- Enhance all cognitive abilities.
- Improve overall health and toughen immunity .
- Improve emotional intelligence.
- Increased empathy (understanding feeling of others.)



Indian Leadership Academy is organising a unique NLP and Mindfulness Practitioner online programme. The program has specially been designed and integrated to get maximum benefit of both the techniques and practices under one umbrella.

Program Highlights:

Program Designed by Kaushik Mahapatra

Certification for both the programs will be accredited by Skill Cental, UK and Indian Leadership Academy

1. NLP Practitioner Certification
2. Mindfulness Practitioner Certification

An integration of NLP & Mindfulness is a rare combination where you learn all the techniques of NLP to know the inside of your mind and with mindfulness you would know how to control your negative thoughts and remain in the present moment. This unique program will make you more potent to handle your clients in efficient and effective manner.

Extended Program-
This program would continue for four weekends after completing of the NLP & Mindfulness Practitioner program. There will be two hours sessions to discuss about the progress made to change yourself. (More details during the program.)



DAY 1

- NLP - Introduction to Neuro Linguistic Programming
- Presuppositions of NLP
- Understanding and changing to empowering beliefs
- Linguistic skills
- NLP frames
- NLP technique of anchoring
- Introduction to Mindfulness and Meditation
- Self - Love
- Meditation practice

DAY 2

- Meditation practice
- NLP for life coaching
- Getting started with coaching-rapport building
- Basic attending and responding skills
- Asking the right questions
- Use of sensory modalities and sub-modalities
- Inner child healing
- Cognitive distortions
- Building Self-Esteem
- Understanding and managing stress
- Science behind Mindfulness and Meditation
- Meditation Practice

DAY 3

- Meditation practice
- Use of NLP metaprograms
- Chunking, associated and disassociated techniques
- Goal setting
- Timeline techniques
- Needs -Classical conditioning
- Changing state-circle of excellence
- NLP techniques
- Our thoughts and getting of Auto pilot
- Building relationships with mindful-communication
- Loving kindness meditation

DAY 4

- Meditation practice
- NLP at workplace - effective communication styles, conflict- resolution, leadership and staying motivated
- Some Activities and NLP techniques
- Gratitude in NLP and Mindfulness
- Building your NLP Business
- Mindful Living and Compassion
- Meditation practice
- Training for mindfulness and 30 days
- Mindfulness Schedule
- Graduation Ceremony

OUR SPEAKERS



Kaushik Mahapatra is India's top 10 Corporate trainer and Coach, top selling author, Leadership Expert, Renowned Mindfulness & NLP guru and an emotional health educator in Asia. He is an IIM alumnus with 23 years of experience in Training & Coaching, IT and Sales. He is the founder of Indian Leadership Academy which pioneers in creating Indian Leaders for global audience.



Brig Arun Gupta is a decorated veteran of the Indian Army, having served the nation for over 34 years. He is an International Mindfulness Coach, NLP Master practitioner and Motivational speaker. He is working with wide range of clients to help them rebuild their relationships, careers and health through Mindfulness practices, thus designing overall improvement in living a happy life.



Ritu Sharma is an NLP facilitator and a Coach. Practicing NLP techniques in her day to day life have helped her bring the best version of herself emotionally, spiritually and professionally. Ritu has more than a decade of experience in aviation and travelled the world and she strongly believes that the quality of our relationships, health, mindset and wellbeing is what truly defines happiness.



+91- 9620420270 | 7624971571 |

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