



The Power To Be Your Best

"If you can dream it, you can do it."

~ Walt Disney ~

Self Motivational Workshop

We all have dreams and aspirations, but sometimes reaching for those dreams and goals seems overwhelming.

We try taking three steps forward but feel we have gone four steps back. We want to think big but find it difficult to think out of the box.

If you are in this situation, you need to realign your thinking by activating your creativity and the potential within you.

"The power to be your Best" is a one day program that helps to break your boundaries and helps you to try do something new. It helps to activate all senses in our subconscious mind to think "You can do it".

The program is structured with theory which could be practiced in a way to align you to embrace the new positive mindset while putting aside your limitations set by yourself.



Learning outcomes



- Forming, Norming and Storming (team activity)
- Cause and effect
- Perception is projection
- Calibration (Calibrate on Behaviour)
- Values of your company/activity
- What are Modalities and Sub modalities in our mind
- What are pre-suppositions
- Group incantation /activity energizer
- How to build a great Rapport with each other and build trust
- Basic Anchoring (NLP Motivation Strategy)
- The biggest challenge we have created (Outside activity)
- Outdoor activity

FOCUS, COMMITMENT, POWER, SELF DIRECTION, ACHIEVEMENT, SUCCESS



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