



NLP Coaching and leading

Take control of your thoughts to be the best version of yourself

Mark Thrimawithana-

The last year and a half has caused us to completely change our ways in many areas. While some have positively transformed, and some negatively, a few are still on the fence deciding which way to go.

I too went through the same process and had to, firstly, push myself towards change, and secondly, accept that change.

Now when I look back, undergoing this process was one of the best decisions of my life, because it gave me new insight on how to adopt a positive or negative mindset. Looking back on the past year and a half, I cannot imagine how I adapted to this new mindset. This has driven me to explore more opportunities to learn and grow in this area. I am living a more content and purpose driven life.

An aspect that I observed as an NLP trainer is how to be more observant of my own mind, which in turn affects my physiology. This is because my mind gives access to all types of information that impacts my behavior and

the state I want to be in. Since the television provided a variety of entertainment and news, it was the go-to place for escapism from our dark reality for some. The visual impact from the television caused the greatest harm to this category of people by altering their perceptions in their beliefs and making them idle. When conversing with this group of people, one tends to find nothing original or constructive discussed, as their thoughts are heavily influenced by whatever they have seen or heard on TV, which often results in a negative perception. This was one of the main reasons that drove me to completely refrain from watching TV, which made a huge difference in my life.(this can be totally different to each person)

o bring into my life was to concentrate on my physical health. This consisted of eating healthier and exercising in a more disciplined manner. To accomplish this, I needed to first discipline my mind. We all know that change does not come easily, and our physical bodies will rebel against the notion of

change, however, it all boils down to disciplining your mind and directing it towards



the goals you have preset for yourself. You may beg to differ, but if you look at your own life post-lockdown, you will see that most of the goals accomplished were ones that you set for yourself pre-lockdown.

The third aspect that I focused on was how to continue my coaching and training programs, given the limitations present at the time, as I wanted to persevere and find innovative solutions to achieve my goals and bring out optimum results.

Finally, I was able to create 5 online workshops, catering to both adults and children, out of which 2 of them were a huge success. The first one, “Sail Through the Storm”, targeted children between the ages of 12 and 15. The second one, “Principals of Success”, was a one-to-one coaching program that reached out to 250 kids and 5 adult managers respectively.

To summarize, let me share a few areas where you can develop on your own:

- Be mindful of your input avenues (What you watch, read, and listen to).
- Give instructions to yourself that will help you progress.
- Ask yourself what will make you happy and confident when the lockdown is over. Ask yourself a minimum of 5 to 10 times and you will find many positives. Put them in ascending order and pick the best three and work towards that diligently.

Remember that you are unique, and you are blessed. Take control of your thoughts, because it is within your hands to achieve your goals and become the best version of yourself.