

# Sail through the storm

## Introduction to (NLP) Neuro Linguistic Programming for kids

*Dear parent.*

“Sail through the storm” is a two hour, four day program packed with NLP (Neuro Linguistic Programming) tools and techniques for kids to understand their internal character (language) so that they will be more purposeful and conscious of what they do and what they shouldn't do, overcome certain past setbacks, set new goals and to learn how to train their mind to achieve them successfully.

### Expected Outcome

1. How to overcome fear
2. What will work to get self empowered
3. How the mind works
4. How to set workable goals
5. How to build great rapport with people and the art of making friends.
6. To be self-motivated and build confidence to move forward.

**Kids NLP  
Zoom workshop**  
First time in  
Sri Lanka

**June 22<sup>nd</sup> to 25<sup>th</sup>**

### Conditions

- Target segment : **Age group between 12 to 15 years**
- Program fee : **Rs 3500/- per applicant**  
(certificate of participation.)

Please drop and **Email to [mark@nlpleadingandcoaching.com](mailto:mark@nlpleadingandcoaching.com)** with the **Name of Child, Age, Name of parent, Email and the phone number**

**FREE WEBINAR** will be conducted for the parents before the session begins.



### NLP Coaching and Leading

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Colombo Sri Lanka

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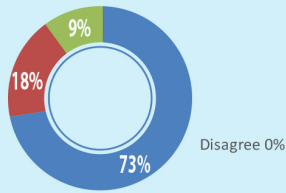
Face book: [nlpcoachingandleading](https://www.facebook.com/nlpcoachingandleading)

Email: [mark@nlpleadingandcoaching.com](mailto:mark@nlpleadingandcoaching.com)

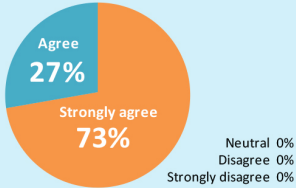
# CUSTOMER FEEDBACK

## OBJECTIVES WERE CLEARLY DEFINED

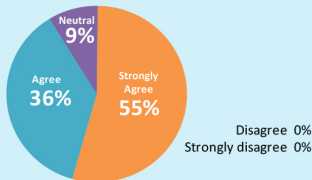
Strongly Agree Agree Neutral Disagree Strongly Disagree



## PARENTS WERE BRIEFED WELL IN ADVANCE

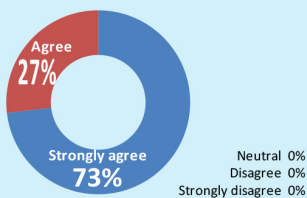


## The training helped your child to move from their present level to another level.

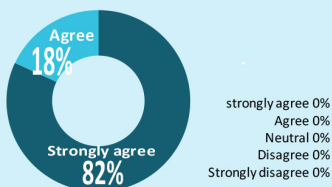


## The materials distributed were helpful.

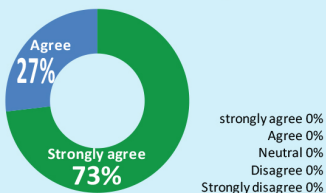
Strongly agree Agree Neutral Disagree Strongly disagree



## Recommend the other kids to follow this program



## As parents we also learned new areas which can help our own future



# Testimonials

“ Training via Zoom given a different experience to the children & they have learnt a lot with regard to their potential and their career path through your creative teaching methods. Surely this program will provide them better practices on their journey differently. Our children enjoyed a lot with your activities at the programme.

Thank you so much for your commitment & support for last four days of the training with all the difficulties at present. Your best communication skills boosted our children to work themselves individually + Groomed our children (both Aathithya & Sahaana) during the period & they have promised to proceed with their Positive Statement provided during the training. Good luck & best wishes for all the success in your career too !Until we meet in another occasion soon.....

Parent from Jaffna

“ It was a great workshop especially under this type of a situation. I am very sure that my daughter learnt a lot and had a different kind of experience. Actually at the beginning she was bit backwards to participate, but after about 30 minutes she enjoyed a lot in participating in it. I noticed that you have organized it well and the program got gradually tougher. As parents, we also learnt a lot of things that are essential for our lives with our children.

Finally thank you Mark & Shashi for the great job.

(Nimmitha Hettiarachchi -Parent)

“ Dear Uncle Mark,

I Thank You, and Aunty Shashi for this wonderful experience to me. It was very interesting and also I learnt many important things. So once again thank you so much for both of you for sparing your time and for giving me the opportunity to learn. Warm regards,

Y. Attanayake.(a child)

“ The programme was an eye opener. It led the kids to think twice on the things that they do unintentionally. Also, it teaches the child how to set your own goals and follow by.

**Nilupa Rajakaruna (Parent)**

“ Genuinely one of the best online workshops that our kid attended during this critical situation. Mr. Mark Thrimawithana and Ms. Shashi are excellent instructors. We spend our entire day meaningfully and creatively.

During the program, we noticed that you were using simple exercises, tools, and techniques for the kids to gain knowledge according to their age. It was inspiring, informative and easy to follow for the kids. We appreciate you a lot for doing that. And also, before you started the workshop, you were playing a mind-blowing song for the kids. It was a wonderful preparation for the kids to enter a new day with the freshness of their minds. Brainstorming was also excellent. Aunt Shashi's way of storytelling was also energizing and engaging the kids to participate in the program enthusiastically.

Hopefully, our kids will improve their positive thinking power, focussing and planning on their future dreams fruitfully.

We honor Mark Thrimawithana and his team for giving the opportunity to the kids to participate in the program, "Sail Through Storm." We do really appreciate it. Best wishes for your endeavour. Overall, the online organized workshops and arrangements are great. Good luck !

**Sivarajah Nimalarajah (Parent)**

“ Dear Uncle Mark & Aunty Sashi,

Thank you for organizing this programme. It is really nice of you two to carry on this programme in the crisis that has taken place. This is a very useful programme seeing that I have learnt a lot. I understand now that before this programme I was really negative and now I feel a real urge to change and be positive. I used to get distracted to even small things but now I know the things I should focus and how much they are important. I drew this picture to put in front of my table. Now, I understand to see others point of view and consider it.

Thank you for your hard work!

**Charu (Child)**

“ Hi Mark Uncle,

Thank you for your motivation and encouragement given to us in many ways by this program. This program was a very big eye opener for me to think in a positive way in all my problems. When my thaththi wanted me to join this program, I was very scared because this is the first time I am experiencing something like this in my life.

After the first day I felt that the program was very interesting and easy. I am sad now because tomorrow is the final day. As school children we all have different problems and unexpected situations, from school friends, relations and even sometimes with parents, but from the influence and the help I got from you and from the program it helped me to think differently and overcome issues.

Uncle Mark I want to tell you that you are a very kind and loving person. Thank you once again for initiating this program during this troubled times, enrolling me for it and spending your time in coaching us. God Bless you.

**A. Fernando (a child)**

## Meet the LEAD TRAINER

### Mark Thirimawithana

Mark is a Certified NLP Trainer, NLP Master Coach, NLP Master Practitioner and NLP Master Time Line Therapist, certified by the American Board of Neuro Linguistic Programming (ABNLP). He is a Counselor and holds a MBA (MKT), MSLIM, MCMP and CPM Asia.



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