



Heart Resilience

Path to a successful life

More than ever, life has become challenging. Constant demands are the root cause of numerous stress-related health issues. A few of these include feeling angry, frustrated, or anxious, as well as experiencing chronic pain or illnesses linked to stress. Any such person can gain from this program by increasing his/her level of consciousness now more than ever, learning solutions and getting results. Developing competence, and keeping one's health in good condition

Program Content

- Learn how to increase your own performance and resilience.
- Learn to unite your heart and head to find solutions.
- Find out how to sharpen your focus.
- Become adept at maintaining control under pressure.

Program details

A four-day seminar (For two weeks, every Tuesday and Saturday from 7 p.m. to 9 p.m. (GMT))

Register now and we will notify you before the course begins.

Ten individual's maximum per group

Program fee LKR 15000 (USD 275)

Mark Thrimawithana

Mark is a Certified NLP Trainer (ABNLP), NLP Master Coach, NLP Master Practitioner and NLP Master Time Line Therapist, Sports Mind Performance Coach, He is a Counselor and holds a MBA (MKT), MSLIM, MCPM and CPM



NLP Coaching & Leading

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