

Nature of the programme

Two day residential.

Methodology

Highly interactive, practical and psychology based.

Medium

English / Malayalam.

Tools used

Audio visual aids, hand-outs, psychological tools, outbound settings etc.

What will you gain from this programme?

- A positive perspective on life and its challenges.
- Unstoppable flow of mind and spiritual energy.
- Discovering powerful personal and professional goals.
- Improve relationship and social connections.
- A brave heart to face any challenge and solve problems.

Note : Individual Counselling on request.

Training Co-ordinator



Jincy Justin
Mob: 09961860580

Bank Details

Almeda Trust
South Indian Bank,
Bharananganam Branch
Acc. no. : 0010053000012535
IFS Code : SIBL0000010

Organised and conducted by

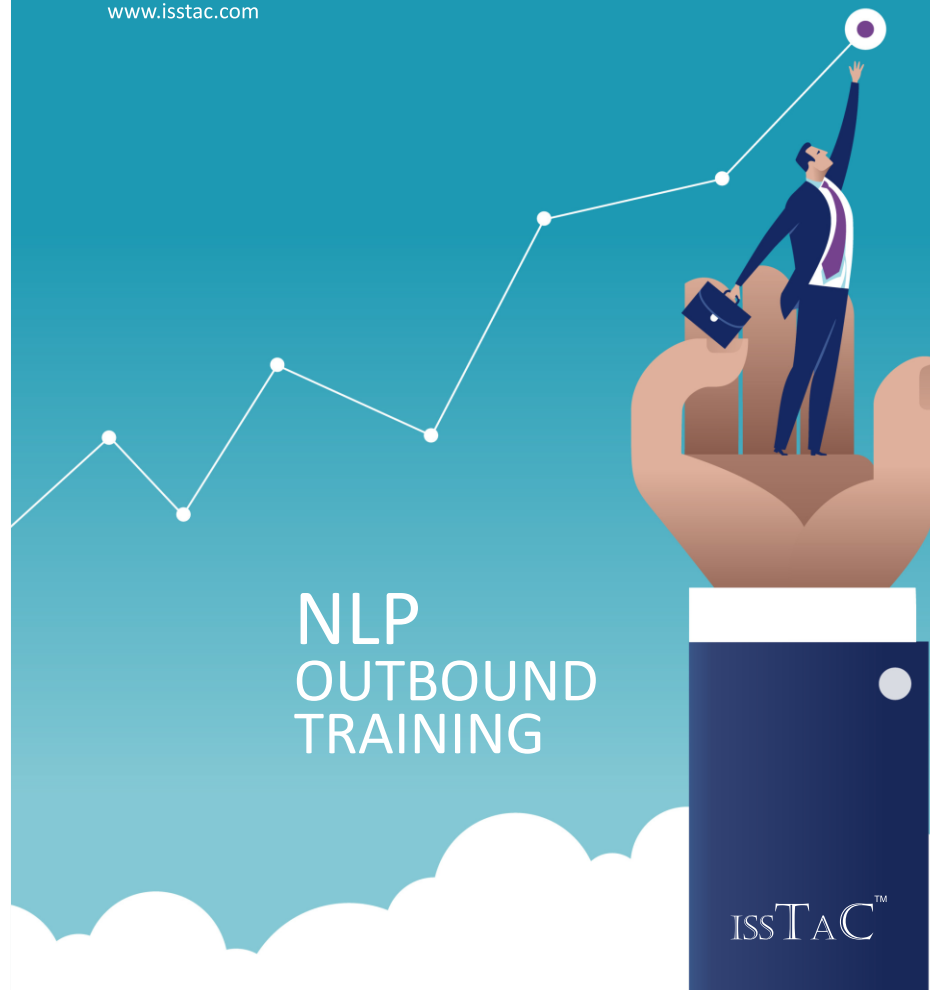


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NLP
OUTBOUND
TRAINING

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Objectives

- ▶ To help the participants stretch beyond their limiting beliefs, comfort zones, present level of achievement etc.
- ▶ To remove unwanted and destructive fears, anxieties and self-doubts.
- ▶ To give practical opportunities to stretch through different outbound activities.
- ▶ To set achievable, realistic and ambitious goals.
- ▶ To learn self-affirmation techniques, self-talk and self-hypnosis tools for daily use.

What is NLP

Neuro-linguistic programming (NLP) is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States in the 1970s. NLP is a powerful tool for personal mastery and knowing how to influence others.

What is Outbound Training?

Outbound Management Programme is a training method for enhancing organizational performance through experiential learning. Such programs are often also referred to as corporate adventure training and outdoor management development.

Why do we combine both NLP and Outbound training methods as 'Outbound NLP'?

The theory of NLP will be practically experienced in OBT. It is an experiential learning process, where one learns to challenge limiting beliefs and fears.

TRAINERS

GEORGE KARUNACKAL

One of the pioneers in introducing and popularising HRD through training in Kerala. He has been designing need-based HRD training programmes and delivering them internationally for the past 27 years. He has piloted thousands of training programmes in and outside India. Many public and private sector enterprises, educational institutions, financial institutions and NGOs have been using his services to improve total quality of their organizations through training.

He is a Master Practitioner in NLP and Hypnotherapy; and a Certified Trainer in Law of Attraction. He is a Trainer of Trainers and leads a team of highly successful, practicing HRD trainers.

He is the President of MINDS, Head Coach of 'nlpforall' and Director of Career-Heights.

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JUSTIN THOMAS

- International Trainer, NLP Master Practitioner, Advanced Life Coach, Counsellor, and Certified Hypnotist.
- He is an International trainer of Junior Chamber International, National Trainer of JCI India. He is a Certified Trainer and Train the Trainers of MINDS and Kerala State Government Institutions (Employment Exchange, IMG, and KILA). He has conducted 2200 training sessions across the world.
- He is the Founding chairman of Almeda Trust, and Managing Director of Institute for Soft Skills Training and Counselling™ and NLP Kerala.
- He conducts Programs in TV and Radio. He is the author of Mathapithakallam Adhyapakarum: Poonthottakar, a book on parenting and teaching. He has published 57 articles on various subjects, specially based on NLP. His second book 'Urappulla Adithara Paniyuvan – Kuttikal, Yuvakal, Muthirnavar Ariyuvan - a book for children, youth and adult - will be published soon. He holds Post graduate degrees in Economics, Sociology from University of Mumbai, India and MA. Psychology (p) from IGNOU, India. He is pursuing M.Phil. in Medical & Psychiatric Social work from MLCU Shillog.
- He holds Government of Kerala certification on Post Graduate Diploma in Counselling. He was awarded Post Graduate Diploma in Foreign Trade with the specialization of International Marketing by World Trade Centre Mumbai, India. He participated in training programs based on TA, TCI, Mind Power, and Law of Attraction.
- He worked for World Trade Centre Mumbai, Aga Khan Education Services, Tata Institute of Social Sciences, DY Patil Institute of Management Studies, DY Patil University, and University of Mumbai.