



# Unleash Your Potential

## NLP Foundation Mastery, Certified Course

### Description

We are born without an instruction manual and manage to learn everything we know about the world and ourselves along the way, whether it's positive or negative. We are all very different. Some of us are better, and others are not so good in handling the situations that life brings us. But in each and every one of us, there is something that can always be improved and changed. Many times, people face situations where they can't control something, which can be frustrating. We are beings that want to control, instead of being controlled. But what many of us don't realize — the most important thing is to control ourselves, our thoughts and emotions. It's the only road that leads to greatness.

Do you remember when you bought your first smartphone? At first, it was difficult to get used to the apps, the touchscreen and the complexity of this small yet helpful device. But, nonetheless, you had a manual to guide you, to tell you the purpose of every application on the phone, and now you are a pro. Imagine if you had the instruction manual for the applications in your brain? Do you think it would then be easy to handle the Life events better?

If you want to improve your life and build better success into everything you do, are you interested in having better relationships, more influence or control of your own mind? do you want to know what many top executives, sports stars and successful people know? then NLP has something you should look for.



NLP has been used with success in the following areas (amongst others):

- Sales
- Management
- Sports & Athletics
- Therapy
- Corporate Professionals
- Weight Loss
- Smoking Cessation
- Behavior Modification
- Phobias Elimination
- Relationship Building
- Negotiation & Influence
- Public Speaking & Presenting
- And many more...

NLP (or Neuro Linguistic Programming) is a collection of tools, techniques and strategies that help you to improve just about every area of your life.

**Neuro:** Refers to our Thinking Process, our nervous system and how we understand things happening around us.

**Linguistic:** Refers to our Language. The way you use language and how it influences you and those around you

**Programming:** Refers to our Behavior. The way you organize ideas and actions which produces expected and unexpected results.

### ***History of NLP –Neuro Linguistic Programming***

NLP was co-created and developed by two gentlemen keenly interested in psychology, Richard Bandler and John Grinder in the early 70's. It was built over the concepts of Hypnotherapy. Many of its concepts were derived from the work of Milton H Erickson, the father of hypnotherapy.

They studied some of the most outstanding Communicators and Thought Leaders and discovered the:

- ✓ How People Learn
- ✓ How People do things excellently
- ✓ How Excellence can be learnt and replicated easily



**Neuro Linguistic Programming** focuses on how to use our **mind** (and thoughts) and **language** (verbal and non-verbal) to bring about a change in our **programmed habitual behavior**. NLP talks about Looking forward and is Outcome oriented

NLP is a powerful tool kit for making decision, building relationships, creating a balanced life, becoming an influencer, one who is able to manage thoughts and emotions, once who overcome depression, Anxiety, Stress and how you can remain always at the peak state i.e., high on confidence.

NLP provides effective and time-tested methodologies for exponential personal & professional growth. Once you have the tools of NLP, you will find it is easier to navigate the journey of life, being in a resourceful space and with more control.

**Who can Enroll for NLP Foundation Mastery Course?** NLP Foundation Course is suitable for anyone who has:

- Just heard about NLP and **interested** to know what exactly it is.
- Heard a lot about NLP and to **have an experience** of what it is.
- **Never heard** of NLP.
- You are a seeker always looking out for the **best Rapid Transformation** Techniques to **GROW in your Life**.
- You want to be the **best possible version of yourself** and live a life of growth and contribution.
- You are one **who wants to stand out in your profession**.
- You are the one who is **seeking for excellence and growth**.
- You are curious about **Human Behavior** and want to Understand the Structure of Behavior.
- You are an **Entrepreneur, Home maker, Teacher, Trainer, Coach, Student, Business Person / Corporate Professional** and want to Learn NLP to **Influence others powerfully** and unconsciously **to make a larger impact**.

**How will this Program help you?**

- Use language in effective ways to empower yourself and others
- Build Deeper Rapport and Influence others effectively
- Overcome conflicts within self and with others
- Become more creative and solve problems with poise
- Get more empowered to meet your goals
- Create a mindset to achieve the results you are looking for



- Sharpen up your primary senses, develop your intuition and increase your level of self-Awareness and Self Effectiveness.
- Experience how your mind processes the information.
- You will be shown how to break through people's limiting beliefs and how to change them.

## **COURSE CONTENT**

The topics covered in this **Foundation Mastery Course** of **NLP** are:

- Foundation of Neuro Linguistic Programming
- What is NLP and its related Terms
- Presuppositions of NLP
- Benefits of NLP
- Concept of Mind
- Rapport Building and Influencing Techniques
- Representational Systems
- Visualization and Meditation -Understand and Learn the Structure
- Fundamental Techniques
- State Management Principles
- Change your Physiology
- Senses and Sub Modalities
- NLP Communication Model

## **Post Training Assistance**

- Meet once a week for 4 weeks.
- Workshop Reference Material.

## **Program Details**

- Days: 5
- Duration: 2 hours



## Contact Details

- [www.ashwinidasgupta.com](http://www.ashwinidasgupta.com)
- <https://ashwinidasgupta.com/nlp/>
- [connect@ashwinidasgupta.com](mailto:connect@ashwinidasgupta.com)
- +91 9820318720 /+91 9833887112

*“The greatest personal limitation is to be found not in the things you want to do and can't, but in the things, you've never considered doing.” — Richard Bandler*