

# Self Empowerment and Transformational Program

## Program Overview

This personal development course empowers people towards positive self acceptance by facilitating recognition and investigation of negative self talk, self pity and self criticism, and works to provide a pathway towards a renewed self identity of compassion, acceptance and non judgment.

This workshop would also explore the practical concepts of what makes certain people 'tick' and why others don't. All motivation perspective would be explored and experimented and participants would be equipped with Powerful tools (including NLP techniques) that would empower their mind and staying focused & motivated towards the desired goal.

## Target Participants

Managers, Executives,  
Senior Management

## Methodology

The workshop will be based on the principles of experiential learning. It would comprise of real NLP techniques demonstration as well participation by attendees, role-plays, Interactive group activities, hands-on experiences, simulation activities, challenging activity and effective visual aids. The aim is to address problems, challenges and real-life situations with practical and concrete Self Empowerment and Motivational techniques. Our activities are designed to make learning easier for the participants by fostering interaction. They stimulate creative thinking, illustrate new concepts and challenge basic assumptions.

## Learning Objectives

At this program's conclusion, participants should be able to:

- Experience positivity in daily life
- Gain skills towards the integration and acceptance of difficult emotions
- Develop enhanced and positive self talk: Removal of Limiting Beliefs
- Understand the basics of maintaining an inner locus of control
- Motivating oneself and others
- Understand how people can be motivated: apply the techniques of motivation in the workplace.
- Understand the relationship between motivation and job satisfaction.
- Learn how to Motivate yourself and your subordinates.

The following outline highlights some of the course's key learning points. As part of your training program, we will modify content as needed to meet your business objectives

## Details of the program:

Date : 9<sup>st</sup> & 10<sup>th</sup> April 2020

Time : 9.00 am-5.00 pm

Fee : RM 1,500.00

Venue : Armada Hotel, Petaling Jaya



# Course Outline

## DAY 1

### Understanding what 'empowers' an individual

Is 'money' the ultimate motivator?

Being SIGNIFICANT...the real Motivator

Various motivators in individuals in different scenarios

Understanding the Achiever mindset

### Empowerment and Removal of Limiting Beliefs

Time to prove what we have learned:

Conditioning the Mind to do the 'unthinkable'

Removing Limiting Beliefs in oneself:

Activity of identifying individual Limiting Beliefs

Powerful activity: 'Fireball Activity' – a session where participants would overcome their 'fear' and Mindset and move beyond (time to prove that you can do it !)

### 'Break the Pattern' technique of transformation

Understanding why people keep doing the same thing over and over (despite knowing the outcome)

"If you keep doing what you have been doing, you will keep getting the same result" – how to break away from this pattern

Break the Pattern technique for different results

Use of real tools to self motivate (music, prayers, symbols, etc)

Case studies discussion: Breaking the Pattern technique

## DAY 2

### Transformational Communication

Communicating with the 'genie' within (the Sub-conscious Mind)

Power of Questioning (Communicating with Oneself and others) to reframe and re-align situations

What is 'Transformational vocabulary'?"

"The words you use determines the outcome"

Goal setting and resolutions achievement

### Tools of Self-Motivation

Powerful Visualization Techniques (using music & graphics as aid)

Various methods of motivation to suit different individuals

Urgency vs Important: Power of Focus

Powerful NLP technique: 'REFRAMING'

Carpediem!- Seize the Day!

Powerful NLP technique: 'ANCHORING' – Demonstration on how to do it –'creating switches within oneself'

### Transforming Yourself: THE GLASSWALKING EXPERIENCE!

Peak of the Day ~ each participant would take turn to walk on broken glass. The proper steps and how to walk would be briefed to each participant. The Master Trainer, Dr Harjit himself would set the stage by being the first to walk on it. Upon completion of each walk, participants would look back at what he/she has overcome and limiting beliefs destroyed.....thus creating a 'new' person within each self.

# Master Trainer

**Dr. Harjit S. Sidhu (FCCA, NLP, IHA, Ph.D)**, has been in the corporate field for the past 17 years (in manufacturing, internet, travel & hospitality (hotel), music and consultancy industry) and in last 14 years, he has consulted and trained on various personal development topics that ranges from counselling, coaching to handling difficult people and various soft skills and other specific agendas for some re-knowned domestic and multinational companies and countless public programs.

Dr. Harjit obtained his **Doctorate of Philosophy (PhD) in Metaphysical Hypnosis (specializing in Coaching and Counselling)** from IMHS (Institute of Metaphysical & Humanistic Science, USA).

He is an **attendee of Tony Robbins's** (world's No 1 success coach) "Unleash the Power Within" program, a **'fire-walker'** and is a **Certified NLP Practitioner** (International Society of Neuro Semantics, USA). He is also a **Certified Hypnotherapist** (CH, USA) and a **certified trainer with HRDC** (Human Resource Development Council and constantly develops new & unique programs that equips the working individual with powerful tools such as 'Transformational Communication' and others. As part of Hypnotherapy work, he extensively **conducts personal coaching and counseling work** to individuals who wants to transform their lives as well as the need for a **coach for success**.

He is regularly featured on radio talk shows on BFM 89.9 for various personal development topics. Dr Harjit is also a **member of International Association of Teamwork Facilitators** which constantly develops and uses new effective techniques in training sessions.

A dynamic trainer, knowledgeable, experienced and passionate in personal as well as Team skills development particularly in the science of human behaviour & metaphysics and how it applies to working and business environments allow him to approach the training he is conducting on a specific topic in a holistic, exciting and integrated manner. Dr Harjit uses **'Transformational activities'** in his programs in order to 'transform' and 'retain learnings' in individuals. His programs have been conducted within ASEAN region (Malaysia, Singapore, Brunei, Thailand, Vietnam and India). His style is fun and engaging whilst retaining the objectives of the Teambuilding activities. His clear and interactive style has won him much praises from participants from leading companies in Malaysia.

# Registration Form

ORGANISATION

CONTACT PERSON

ADDRESS

ENROLLMENT (NO. OF  
PAX)

TEL

EMAIL

TERMS AND CONDITIONS

## COST FEE

Cost RM1,500 per pax (inclusive of all materials and certifications).

*Please pay full amount of RM1,500 per person to secure your place.*

The full fee is required with your registration 2 weeks prior to the training. The Fees include lunch, coffee/tea breaks and notes and Certificate of participation.

3 Persons registered are entitled to a 10% discount. Further discount are available for large group

Written Cancellation : Registration cancelled 7 days prior to the event are subject to a RM110.00 service

Charge per pax. There will be no refunds for notice received less than 7 days to the event.

A substitute may be made at anytime at no extra cost.

## PAYMENT MODE

All Bank Draft / Local Order / Cheques must be crossed and made payable to:

**Quantum Achievers International SDN BHD**

## BANK TRANSFER

Account Name – Quantum Achievers International Sdn Bhd

Account No – 512-400-500374 (Maybank)

**All enquiries must be forwarded to: -**

**Quantum Achievers International S/B**

**Suite 7-23, 7th Floor, PV16, 2 Jalan Danau Saujana,**

**Danau Kota, 53300 Kuala Lumpur**

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