

# Welcome 2014 with the philosophy and tools of NLP

## Excel HR

Presents it's Eighth

One day workshop on

## NLP (Neuro Linguistic Programming )

- *The Science of Excellence*

( In English )

**CHARGE YOUR CONFIDENCE**

**MASTER YOUR MOODS**

**REFINE YOUR COMMUNICATION**

**DESIGN YOUR DESTINY**

NLP ( Neuro Linguistic Programming) offers rapid and practical methods for personal growth. NLP is used extensively in business, sales, education, sports, therapy and many other fields.

NLP is now universally considered as the most powerful tool for personal growth.

So, what is NLP?

NLP is the study of human behaviour and their thinking patterns, both conscious and unconscious. It is about how our brain works, how we think, feel, communicate, learn, motivate ourselves, interact with others, make choices and achieve goals.

**NEURO** - refers to our brain and nervous system which processes all the information provided by our five senses.

**LINGUISTIC** - refers to language, the way we use the language to interpret our sensory experience and how we communicate that experience to ourselves and others.

**PROGRAMMING** - refers to our ability to organise and sequence our actions to achieve specific results.

### **WHO WILL BENEFIT ? :**

This Program is essential for anyone serious about fulfilling their potential. Businessmen, Doctors, Therapists, Trainers, Teachers, Professors, Consultants, HR executives, Managers, Lawyers, Salespeople & other Professionals will find it rewarding.

### **WHAT WILL BE LEARNT:**

How the human brain functions

How the internal worlds ( called maps ) are created

How to make the maps more resourceful

Enriching the maps - Beliefs of excellence

The four elements of getting what you want ( The four pillars of NLP )

Anchoring - Accessing personal strengths and resources

Solving problems at the subconscious level ( The circle of excellence )

Improving personal & professional relationships

Making rapid & lasting changes. ( The swish technique )

how to change internal mind states ( Anchoring, reframing and modelling )

### **Individual Program Flow for the workshop**

## **Personal Excellence Through NLP: ( The session is Highly activity based )**

- Introduction to NLP
- NLP presuppositions
- Structure of Experience : The VAK Model
- Anchoring, Reframing, Modeling (ARM of NLP)
- Positive anchoring using NLP techniques(The Golden circle of excellence)
- The Swish Technique for removing negative habits and patterns
- Programming for Confidence (Fire Eating)

### **Program Details:**

Date : 22.12.2013 ( Sunday )

Timings : From 09.30 am to 05.30 pm

Venue : Marina Inn, 55/31, Gandhi Irwin Road, Egmore, Chennai - 600008 ( A/C hall )  
( Hotel Marina Inn is adjacent to Radha Krishnan Stadium, near Egmore Railway Station. While you come out of the main (east side ) of Egmore railway station, you step on the Gandhi-Irwin road. Taking the Gandhi – Irwin road on the right , will lead you to Radha Krishnan stadium on the left, in about 100 meters. Next to Radhakrishnan stadium is Hotel Marina Inn. )

Investment : Rs. 2000/- only (Inclusive of Manual, Lunch, Tea and Snacks )

Early bird offer : Rs 1600/- ( For those definitive people who register themselves before 16.12.2013.) Registration based on Cheque or Cash payment.

Cheques drawn in favour of “ Excel HR “ to be sent to “ G.Ramasubramanian, Head ( Training), Excel HR, New no : 13, Old no: 5, First floor, Devanathan Street, Mandaveli, Chennai – 600028 “

### **CERTIFICATION:**

A “ NLP – Awareness Certification “ will be issued to the participants on successful completion of the training program

### **FACULTY**

Mr.G.Ramasubramanian, B.E., M.B.A., Msc ( Counseling and Psychotherapy) , Head ( Training ) of Excel HR is the Faculty. He is a trainer by choice and trains with Passion.With a decade of Corporate training experience he is one of the most sought after trainers in Chennai. He is a Certified Master Practitioner of NLP, from NFNLP, Florida, USA. He is an Engineering and M.B.A Degree Holder and has also done his Msc in Counseling and Psychotherapy.

Twenty years of Industrial and Corporate executive experience from corporate makes him a seasoned trainer with deep insights and impact. His curiosity and love for understanding the dynamics of the Human mind leads him to continuous learning and sharing.

His training programs are an enjoyable blend of Intensity, Interaction,fun, engagement and relate to day to day problems and solutions. His activity oriented teaching and entertaining style makes him a favorite. He specializes in NLP based learning programs, with emphasis on Self Awareness, Freedom to Choose, Effective Communications and Definiteness of Purpose.

Being a sincere student of wisdom practices like Vedantha, Yoga and Zen gives him the Unique Selling Proposition of handling the entire gamut of Soft skills with unique perspectives from NLP and other wisdom practices of the world.

He is also a story and script writer. Mr.G.Ramasubramanian has been interviewed and featured in leading magazines and television channels. He has written four books, three on Topics like Emotional Intelligence, NLP and Goal setting. The fourth book is a work of fiction, which is a

compilation of his stories that had appeared in leading Magazines. He is also a Haiku writer and conducts Haiku Workshops.

For Details and Registration contact : 9444128486 / 9444541397 / [nlptrainerram@gmail.com](mailto:nlptrainerram@gmail.com)  
Visit [www.excelhr.co.in](http://www.excelhr.co.in) for photos and feed backs of earlier One day NLP workshop.  
Strictly limited seats.Do hurry. Prior Registration necessary.

## Remember Investment in Training is investment in self.

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### Feed backs from the participants of the

### Seventh One day NLP workshop by Excel HR

It was an excellent program full of activities instead of ppts and lectures. Understanding that there was a positive intention behind every action was an important learning to me.

- **Daranivasan, CEO, Gerak**

Learnt a lot, felt a lot and experienced a lot of change in me. It was an outstanding program full of examples and activities.

- **M.Karthick Ram, MD, Synchrony info tech**

The program was well above my expectations. Though I know something about NLP earlier, this program helped me move into it much deeper. I liked the friendly approach and sincerity of the trainer in creating self awareness.

- **K.Muruga Barathi, Founder, Yosi HR training and consultancy.**

Very useful program to my personal life. I learnt how to handle emotions.

- **G.Kanchana, HR, New Horizon media**

Great learning. I like the delivery, interaction and knowledge of the trainer. Failure is nothing but a feed back, the mind-brain-body connections, human behavior : these are some of the many learnings.

- **Abhisekh, Founder, The Resurgent**

It is an out standing program for all those who want to bring out the best in them. The Swish technique and the Golden Circle of excellence were excellent. I liked the trainer's interest in bring out the best. - Tips were given for all life situations.

- **B.Ezhil Murugan, Manager, EPPL**

It is an excellent program with best inputs. And every minute of the input is nice and good. I learnt the 13 presuppositions and how to handle people and staff.

- **Naveena Davay, Student**

It was a very good program, where I learnt about the meaning & behavior. I also learnt about the 4 pillars and the presuppositions which will be useful in practice. The examples and exercises in the program were very good.

- **L.Palanivel Rajan, Junior Project Manager, Take Solutions**

It was a pretty informative program : An eye opener. It is also an outstanding program, which is completely interactive.

- **Balasundaram, Plastic Surgeon**

It was an excellent informative program with very good activities. The learnings could easily be applied at the work place.

- **Vaidyanathan Sundararaman, Product Manager, Trimble**

An excellent way of putting the content across. I learnt about the behavioural aspects and I find it to be very beneficial. I liked the presentation very much.

- **Naveen Kumar Gopinath, Lead, Trimble**

It is an excellent program, where I learnt about work-life balance and Anchoring.

- **Raju Selvam, SFA Technical Creations**

Excellent and Wonderful workshop for personal development. I find the presuppositions and Swiss technique very useful.

- **M.S.Kamala Kannan, Manager, BPCL**

It is an outstanding, touching program full of activities. I am going to use each and every learning.

- **Genie Ramesh, Associate trainer, Life Academy**

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