



Self Empowerment and Stress Management

**There is no health
without mental health**

**CONDUCTED ONLINE
OR PHYSICAL**

This workshop will help participants to zoom in directly to the causes of stresses at workplace and personal life and provide them with practical effective tools to avoid, reduce and manage stress - on and off the job especially relating to high growth environments. Demanding work schedules and frequent changes make a manager and executive prone to unusual stress and this workshop provides real practical hands-on tools for managing and eliminating stress.

This workshop will also explore the practical concepts of what makes certain people 'tick' and why others don't. The Master Trainer, Dr Harjit will share real motivational techniques. Stress management perspectives will be explored with experiments and participants would be equipped with Powerful tools (including NLP techniques) that would empower their mind to stay focused and motivated towards the desired goal.



COURSE OUTLINE

- The nature and causes of stress – the stress response
- Understanding what ‘empowers’ an individual
- Empowerment and Removal of Limiting Beliefs
- Tools of Self-Confidence
- Tools of Self-Motivation
- ‘Break the Pattern’ technique of transformation
- NLP technique and EFT tapping techniques for immediate Stress Management
- Food and Nutrition: Take Charge of your Health!



Dr Harjit Sidhu

Certified Business Coach under the American Union of NLP and a Certified Coach and Counsellor under International Metaphysical Practitioners Association, US

Dr Harjit Sidhu, (PhD, FCCA, NLP, IHA), academically trained as a Certified Chartered Accountant (FCCA) served in corporations in industries such as manufacturing, internet start-ups, automobiles and consultancy for 18 years. This wealth of corporate experience became the groundwork in his journey as a Corporate Trainer and Business Coach for past 17 years in the fields of Leadership, NLP (Neuro Linguistic Programming), Emotional and Spiritual Intelligence, Hypnotherapy, Mindset and Motivation as well as Innovation and Lateral Thinking. His knowledge, experience and passion in personal skills development particularly in the science of human behaviour and metaphysics and how it applies to working and business environments allows him to approach the coaching and trainings in a very practical and hands-on manner. His programmes have been conducted internationally (Malaysia, Bangladesh, Cambodia, Pakistan, Sri Lanka, Singapore, Brunei, Thailand, Indonesia, Vietnam and India).