



Par Excellence

'Par Excellence' is a two-day workshop specially designed for the pursuit of high impact personal excellence. The program integrates principles of NLP, Yoga, Modern Psychology. The course helps you to define and follow your goals (professional and personal) in a structured manner. We have designed interesting processes and activities to help you reflect deeply and understand your intrinsic motivations, beliefs and values that pull you towards your goals and dreams. A comprehensive and powerful visioning process is a key highlight of the workshop. We also introduce participants to creative problem solving techniques, as well as visualization processes that can be used to turbo-charge their way to goal manifestation. The workshop is an intensely enjoyable and insightful experience of a lifetime.

Topics	Details
Turbo-Charged Goal Setting	Whole Life Grid/Whole Life Circle Analysis
	Discover the Big Changes you truly want
	Enhancing sectors in life that need focus
	Inspirational Dissatisfaction
	Forcefield Analysis for Effective Change
	Management in Life
	Planning for Success Exercise
Mind Programming for Success	Become a Magnet that attracts Success
	(Meditation)
	Enhanced Self Image/SWISH
	Regenerating Flow (use left and right brain
	effectively)
	Releasing Emotional Blocks that affect your
	success
Breakthrough Limiting Beliefs/Thoughts	Challenge your Disbelief/Limiting Beliefs
	Orange Circle thinking to create possibilities
	and flow
	Perceptual Positions Exercise
Build Your Success Network	Your Believing Mirrors and High Quality
	Relationships/Associations
Creative Problem Solving	Creative Problem Solving
Superior Time Management	Time Based techniques
Yoga and Martial Arts	Aligning yourself for Success
Develop your Grand Mission and Vision	Develop a Grand Vision
	Discover Your Mission
	Re-Examine Values/Beliefs
Powerful Visualization	Structured Dreaming Exercise, Visualization
	Exercises
	Success Rituals
Final Meditation/Visualization	Connecting it all together

Benefits

- Take full Charge of your Quest for Success and Unlimited Excellence
- · Make winning a habit for a lifetime
- Learn to develop your personal Grand Vision statement
- Be the people-magnet and attract magnificent people into your life
- Turbo charge your personal power and confidence with enhanced self esteem & tackle life's challenges
- Stuck in repeated and disempowering thinking patterns? Here is a chance to break free!
- Enhance the quality of your relationships (personal and professional)
- Learn how to create and maintain your success network
- Superior problem solving skills
- · Enhanced quality of life

Go confidently in the direction of your Dreams. Live the life you've imagined! ~ Henry David Thoreau ~

2 Days Workshop

For latest updates on upcoming course schedules and detailed information:

http://www.elantattva.com/

http://enliven-yoga.com/

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> also includes: CDs, Workbook, Invitation to our online community





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ANLP Certified NLP Trainer, ANLP
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Master
MBA (PGSEM) from IIM Bangalore

Corporate Background (1998-2011): Delivery Manager in Wipro Technologies (Bangalore) till 2011

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Yoga Instructors Course SVYASA Yoga
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Yoga Therapy, SVYASA Yoga Univ.,
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Black Belt 3rd Dan in Karate; Silver medal
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Corporate Background (2002-2011): State Level Business Dev Manager in Banking & Finance Industry (Bangalore)

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Kabir Ahluwalia

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Activity coordinator,
ANLP Certified NLP Master Practitioner,
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Corporate Background (2007 onwards): Hotelier and Entrepreneur in Travel & Tourism Industry