



## Mindset & Well-Being Mastery for Peak Performance

Reaching Ultimate Success with Your Subconscious Mind

### ► Upcoming Sessions

18-22 Nov 2024	Dubai - UAE	\$5,950
24-28 Feb 2025	Dubai - UAE	\$5,950
16-20 Jun 2025	Dubai - UAE	\$5,950
17-21 Nov 2025	Dubai - UAE	\$5,950

### ► Training Details

#### Training Course Overview

Unlocking the immense potential of your subconscious mind is the key to unparalleled success in today's dynamic business world. Join us for a transformative 5-day training program that delves deep into the subconscious, revealing its power and teaching effective harnessing. This journey empowers innovation, fosters creativity, and unlocks the energy of manifestation. Explore emotional leadership, mental maturity, and refined communication, equipping you for modern workplace excellence.

During this program, uncover the conscious and subconscious distinctions. Foster creativity, tap into bioenergy, and develop emotional intelligence. Master meditation, enhance job performance, and refine communication for a harmonious work-life balance. Prepare for a transformative experience that reshapes your professional and personal approach.

#### This training course will feature:

- Understand the subconscious mind's power for unparalleled success.
- Foster creativity and an out-of-the-box mindset.
- Harness bioenergy and manifest success in work and life.
- Develop emotional intelligence and leadership skills.
- Master meditation and relaxation for improved performance.
- Explore advanced communication and body language techniques for balance.

#### Training Course Objectives

#### By the end of this training course, participants will be able to:

- Gain profound insights into the subconscious mind's role in achieving success.
- Cultivate creativity and innovation by simplifying your thought processes.
- Master emotional intelligence and modern leadership principles for workplace transformation.
- Develop mental and functional maturity through positive surrender, gratitude, and self-acceptance exercises.
- Enhance communication skills, both with yourself and others, to boost productivity and creativity.

#### Designed for

**This training program is designed for individuals across all levels of the workplace spectrum who are eager to unlock their full potential and enrich their professional and personal lives. Ideal participants include:**

- ▶ Executives and senior leaders
- ▶ Managers looking to enhance their leadership and effective communication skills
- ▶ Entry-Level employees seeking personal growth and improved job performance
- ▶ Professionals aim to cultivate a positive workplace culture
- ▶ Entrepreneurs and business owners invested in personal and professional development for themselves and their functional teams

## **Learning Methods**

This training program promises an exhilarating journey filled with captivating presentations, immersive discussions, and hands-on exercises carefully designed to align with the course's core themes. Get ready for a transformative learning adventure that combines dynamic presentations, real-life case studies, and engaging practices, all aimed at helping you unlock the extraordinary power of your subconscious mind.

## **▶ Training Details**

### **Day One: The Subconscious Mind: Unlocking Success in Work and Life**

- ▶ Understanding the Conscious and Subconscious Minds
- ▶ Fostering Creativity and Innovation
- ▶ Embracing Simplicity for Enhanced Creativity
- ▶ Introduction to Bio-Energy Science
- ▶ Harnessing the Energy of Manifestation in Your Work and Life

### **Day Two: Emotional Leadership**

- ▶ Principles of Modern Leadership
- ▶ The Circle of Influence and Concerns
- ▶ Fundamentals of Emotional Intelligence
- ▶ Transforming Work Pressures into Achievements
- ▶ Meditation and Relaxation Techniques for Improved Performance

### **Day Three: Mental and Functional Maturity**

- ▶ The Principle of Entitlement
- ▶ The Power of Acceptance and Positive Surrender
- ▶ Cultivating Gratitude and Embracing Blessing Actions.
- ▶ Harnessing the Impact of Positive Language and Choosing Words Wisely
- ▶ Self-Permissive & Letting-Go Exercises

### **Day Four: The Power of Mental Communication**

- ▶ Effective Self-Communication for Heightened Creativity and Productivity
- ▶ Body Language Insights: Elementary & Intermediate Levels
- ▶ Balancing Mental Energy Centers
- ▶ Achieving Harmony Between Well-Being and Productivity Through Modern Work Methods
- ▶ Activity: Billionaire Mindset Workout

### **Day Five: Creativity, Personal, and Professional Development**

- ▶ Introduction to Creative Leadership
- ▶ Mental Energy Centers and Their Influence on Your Work and Life Practices
- ▶ Silence Sessions to Stimulate the Flow of Creative Ideas
- ▶ Applying the Kaizen Principle for Continuous Development
- ▶ Personal and Mindset Development Action Plan

## ► The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

### ► INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: [info@anderson.ae](mailto:info@anderson.ae)

Request for a Tailor-made training and educational experience for your organization now:

Email: [inhouse@anderson.ae](mailto:inhouse@anderson.ae)

**Anderson**  
Executive Development Centre

P.O Box 74589, Dubai, United Arab Emirates

**Web:** [www.anderson.ae](http://www.anderson.ae)

**Email:** [info@anderson.ae](mailto:info@anderson.ae)

**Phone:** +971 4 365 8363

**Fax:** +971 4 360 4759

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