



Engaging human performance  
to deliver strategic results

## **Mastery of Self [MS] through Neuro Linguistic Programming [NLP] – Sinhala Medium**

**Introduction:** Sensei International first conducted the first Mastery of Self [MS] through Neuro Linguistic Programming [NLP] ‘playshop’ in Sri Lanka in 1996 and since then hundreds of these playshops have taken place in Sri Lanka, Bangladesh, Pakistan, Indonesia, Vietnam, Malaysia, the UK and the USA for companies through in-house workshops and for individuals through public events.

**What is ‘Mastery of Self [MS] through Neuro-Linguistic Programming [NLP]’?** This programme will help participants to achieve their physical, emotional, mental and professional objectives. NLP helps to liberate the individual’s potential and helps focus energy to channel their life in exactly the direction in which they want to go. The programme draws on proven techniques developed by some of the world’s foremost peak performance experts. *The Science Digest* states that NLP is the most promising development in the field of human advancement. It is ‘software’ for the hardware of the human brain - a user’s manual to achieve one’s goals. See more details of the event at: <https://www.ranjandesilva.com/mastery-of-self>

**Benefits to participants:** Participants will be able to;

### Day 1 & 2

- ♥ Introduction to NLP
- ♥ Mental habits for success
- ♥ Principles of Mastery
- ♥ Zoom in on life purpose
- ♥ Formulate a 5 year strategy for life
- ♥ Create a powerful self-image
- ♥ Experience the power of Love
- ♥ Learn to read people
- ♥ Energise themselves instantly – using anchors
- ♥ Learn powerful stress relieving techniques including meditation
- ♥ Manage life to make the best of time
- ♥ Learn the most powerful change techniques in the world
- ♥ Remove the sting of past failure
- ♥ Master relationships and fill them with satisfaction
- ♥ Identify their greatest hurdles and learn to surmount them

### Day 3 & 4

- ♥ Learn to harness the conscious and sub-conscious mind
- ♥ Learn to eliminate conflict between different parts of the sub-conscious – making choices
- ♥ Cure phobias (public speaking, heights, darkness, cluster phobia etc.)
- ♥ Connect with others at a deeper level & understand telepathy
- ♥ Learn to discern real messages and hidden motives of others
- ♥ Remove negative energy and hurtful anger

- ♥ Learn to give improvement feedback in an effective manner
- ♥ Learn to handle criticism
- ♥ Eliminate non-value adding and non-purposeful habits
- ♥ Learn to improve self-drive and self-motivation
- ♥ Get real world proof of the inner-power
- ♥ Increase energy and vitality

**Who should attend?** Mastery of Self is for any individual interested in maximizing the potential of the mind for self-mastery. Past participants have ranged from corporate heads to junior executives, from clergy to film stars, from sportspersons to home makers. It is simply for everyone.

	<b>Colombo – Sri Lanka</b>
<b>Venue</b>	Global Towers Hotel
<b>Dates</b>	8 <sup>th</sup> , 9 <sup>th</sup> , 22 <sup>nd</sup> & 23 <sup>rd</sup> February 2019 [4 days]
<b>Timing</b>	8.30 am to 6.30 pm on all 4 days
<b>General Fee</b>	Rs. 36,000/-
<b>Early Fees</b>	Rs. 33,000/- for payments before 8 <sup>th</sup> January 2019
<b>Bulk Discount</b>	15% discount for 15 or more participants, 10% discount for 10 or more participants and 5% discount for 5 or more participants.
<b>Registration</b>	Call +94 (11) 4873575 or +94 (77) 7607522 or email <a href="mailto:prarthana@sensei-international.com">prarthana@sensei-international.com</a> <a href="mailto:tanzi@sensei-international.com">tanzi@sensei-international.com</a>

#### **Profile of the Trainer:**



#### **THANZIZA SAMSUDEEN: Senior Management Consultant, Sensei International**

With a training career spanning over a period of 13 years Tanzi's training career has been with world renowned Training and consulting brands such as Franklin Covey Sri Lanka, Door South Asia and Sensei International. She holds a BSc in Natural Sciences, Advance Diploma in Counselling Psychology, MSc. in Psychology and MBA. Tanzi specialises in Soft Skill Training, Counselling, Coaching, Strategic Management and Human Resource Consulting.

A part of the visiting Lecture panel of the Institute of Personal Management she specialises in lecturing for the National Diploma in Training and development, Diploma in Psychology and The Professional Qualification in HR.

Her training and facilitation experience includes participants from over 15 countries including Europe, Middle East, the Far East and South Asia for the past 10 years. Tanzi comfortably accommodates a range of programmes and participant numbers, from facilitating one on one discussions, personal Counselling, small group coaching sessions, focus group discussions, service standard audits for organisations to large group sessions in both English and Sinhala

Her 17 years of professional experience comes from teaching, and the service industry, including mobile and fixed phone, entertainment, real estate and Training.

She has also had the pleasure of working with, and learning from, gurus such as Tom Peters, Dr. Stephen R Covey, Dr. Edward de Bono, Ron Kaufman, Jack Trout, Bob Urichuck, Robert Holden and Robin Speculand.

She was a guest on the popular self-development programme Illakkaya on Rupavahini and is currently a Guest speaker on “Jeevithe Lassanai” a programme dedicated to living personal excellence on Suwarnavahini.

Tanzi taps into her knowledge of the natural environment, Psychology and Management principles to make her sessions exciting, practical and easy to grasp.

### **Testimonials from Past participants**

Through NLP I got my second, real birth. I was a lazy man of less confidence. Now, it's as if I woke up from a long sleep. - *Janis*

Thank you for giving us all the opportunity to participate in the NLP playshop. The four-day NLP playshop was enriching and entertaining. I had participated to remove my inhibitions regarding public speaking and improve the time management. But I seem to have gained more than what I was looking for. Positive thinking with the strength to break personal barriers can achieve anything. We all need to come out of the ‘self’ made shell, made out of all the obstacles, limitations and inhibitions. - *Niaz Rahim – Director, Rahimafrooz.*

The NLP playshop was an adventure of a lifetime. It opened a new dimension for me, which I was not aware of. I feel now that I can take control of any aspect of my life. Simply speaking I believe NLP taught me to speak my mind and alter my thoughts according to my preference. It was a fantastic experience. - *Farhan Haroon*

I learned a lot attending the playshop with Sensei. Learned to get rid of things, which acts as a barrier to achieve my purpose/goals. It taught me a lot to be open, take things positively and have confidence, also many other things that will help me a lot in my future life. - *Dibakar Shil*

I enjoyed and learnt lots of tremendous ideas, tactics to build up my life, to establish the rest of my life. I think all of this will really help me to build my career and future. I think now life is really enjoyable and I learnt how to remove my obstacles, I learnt how to carry up life and how to remove obstacle and achieve success. Thanks. - *Mirajul Karim*

At the very outset let me say it is excellent. MS/NLP has taught me some things that I have not learnt up to this point of time. I feel great and have the self confidence to live the life I always wanted to live. I am sure I'll do better where ever I am. As for the playshop it has been very well designed to suit anyone. Let me take this opportunity to thank Sensei for organising the playshop. It's excellent. Please keep doing it

and organise more and more to develop the nation. Thanks. - *Ronnie Bongso - Scanwell*

The NLP playshop has really helped me to overcome the barrier I faced in my day-to-day life. After having done this playshop I feel like a new person. A big transition has taken place, which will allow me to prove my worth. Now I feel that I can overcome any obstacle in life and nothing can stop me. I am a complete new person to whom nothing seems to be impossible in this world. I really thank NLP from the bottom of my heart for changing my attitude towards life. - *Tanima Hasan – Account Manager – Adcomm*

NLP is a complete “Life Changer” - *Harikesha Wijesekhera – CEO Royal Park Hotel*

I first attended the Mastery of Self program in the year 1996 and I got my maiden learning of NLP through the Master Coach Omar Khan and then started gradually internalizing the concept in me. Then at a latter stage through Ranjan I got an opportunity to sit in Sensei International NLP/Motivational Programs while I was in John Keells, which gave me an opportunity to realise my true values and potential as an individual to serve many as a Coach. Realizing the impact value of the Mastery of self program by Ranjan, I enrolled for the second time in 2007; spending on my own. It helped me immensely to truly act on my goals bravely and sail towards my dream to be a consultant and a coach.

I would recommend The Mastery of Self Play shop to anyone who is seeking self-transformation and achieve greater heights. - *Jayantha Fernando - Coach/Retail Consultant*