



Engaging human performance  
to deliver strategic results

## **Mastery of Self [MS] through Neuro Linguistic Programming [NLP] in 3 Segments**

### **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 series of programmes 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/events>

### **Mastery of Self in 3 segments;**

Mastery of Self is now offered in 3 segments (two days each): Expert, Achiever and Intellectual. This is a progression of sessions and you need to complete one segment before attending the next. If you who have attended the 2-day 'Personal Excellence - NLP' or 'Living Beyond Limits – NLP' playshops, you can register for the 'Mastery of Self – Achiever' session. If you have attended the 4-day 'Mastery of Self' session, you can register for the 'Mastery of Self – Intellectual' session. If you have not attended any Sensei – NLP sessions, you have the option of registering as follows;

1. Mastery of Self - Expert, Achiever and Intellectual (6 days) or
2. Mastery of Self - Expert and Achiever (4 days)
3. Mastery of Self - Expert (2 days)

If you register only the 2 day or 4 day options, you can complete the other sessions later.

### **Mastery of Self – Practitioner Certification:**

If you are interested in 'Mastery of Self - Practitioner Certification', you can enrol on a one year programme, which includes attending these 3 programmes, a coaching and training workshop, monthly supervision, self-direct practitioner support groups (PSG), research, thesis and a viva. Please contact us for more details.

## Detailed Contents

Given below are the details of the three playshops:

### Mastery of Self - Expert (2 days)

After applying and practicing the learnings of this segment, you will become an 'expert' about yourself by knowing your strengths, improvement areas, purpose of life, how to choose to live with positive attitudes, beliefs and behaviours and how to get rid of negative attitudes, beliefs and behaviours. The contents include:

- ♥ 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 failures
- ♥ Master relationships and fill them with satisfaction
- ♥ Identify their greatest hurdles and learn to surmount them

### Mastery of Self – Achiever (2 days)

After applying and practicing the learnings of this segment, you will become an 'achiever', where you will know how to enlist your subconscious mind and the universal energy system to augment the learnings from the earlier session to achieve spectacular results in your lives. The contents include:

- ♥ Learn to harness the conscious and subconscious mind
- ♥ Learn to eliminate conflict between different parts of the subconscious – making choices
- ♥ Cure phobias (public speaking, heights, darkness, claustrophobia etc.)
- ♥ Connect with others at a deeper level and 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

## Mastery of Self – Intellectual (2 days)

After applying and practicing the learnings of this segment, you will become an ‘intellectual’ where you will have an in-depth practical understanding of life tools from a fusion of life sciences such as Transactional Analysis (TA), Gestalt Therapy, Counselling, Advanced NLP, New-Code NLP and Action Research to augment the methods learnt from NLP and other life sciences in the earlier two sessions.

- ♥ Find the roots and make your purpose more meaningful and value adding to the planet
- ♥ Learn to re-invent the self-image
- ♥ Learn to be in total empathy with others and extract resource to be more purposeful
- ♥ Be the energy and radiate energy
- ♥ Move from mastery of time to mastery of space
- ♥ Be the change and invent change techniques
- ♥ Move towards collecting consciousness
- ♥ Inspire others to change hidden motives
- ♥ Converting failure and fear in to power
- ♥ Building authentic relationships
- ♥ Break through paradigm prisons
- ♥ Energy Transfer - how to spread positivity
- ♥ Achieve core-transformation of excessive behaviours through ‘Timeline Imprinting’
- ♥ The Fire Walk! - Experience unthinkable success

**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 housewives. It is simply for everyone.

	Session	Colombo – Sri Lanka	Dhaka - Bangladesh
<b>Venue</b>		Global Towers Hotel	Six Seasons Hotel
<b>Dates</b>	Expert Achiever Intellectual	TBD TBD TBD	12 & 13 November 2021 (2 days) TBD TBD
<b>Timing</b>		8.30 am to 6.30 pm on all 6 days	
<b>General Fee</b>	1 playshop 2 playshops 3 playshops	Rs. 29,000/- (2 days) Rs. 49,000/- (4 days) Rs. 64,000/- (6 days)	Tk. 15,000/- (2 days) Tk. 27,000/- (4 days) Tk. 41,000/- (6 days)
<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>	Call +8801986822700 or email <a href="mailto:shafi@sensei-wisdom.com">shafi@sensei-wisdom.com</a>

**See a sample of what you’ll experience:** Click below to see videos of Ranjan including a 27-minute video; ‘Gearing Up for Excellence’ where he inspired an audience of over 500 persons from around 50 nationalities in Dubai. Thousands have been inspired by this 27 mts video. Imagine the life

changing impact spending 4 days with Ranjan, learning to unlock your potential!  
<https://www.ranjandesilva.com/online-media>

**About Ranjan De Silva:** *[scroll down for testimonials regarding Ranjan]*

**RANJAN L G De SILVA, Partner -Senior Management Consultant – Sensei International;**

Ranjan is a Executive Team Leadership Coach & Catalyst. His innovative consulting and training style, which blends authentic deep communication with a spiritual flavour, appropriate situational humour, innovative thinking and world class professionalism has been a refreshing, interesting and effective bottom line driving mechanism for his clients.

Ranjan has an ideal mix of practical and theoretical grounding which makes his input value adding to the clients. His practical experience comes from 33 years of corporate experience that included over 23 years in CEO roles in 3 leading Asian conglomerates; John Keels Holdings, Rahimafrooz Group and Apollo Hospitals in addition to the current role, and for various SENSEI INTERNATIONAL clients over the last seven years.

He has provided consultancy and training for people at all levels of organizations in Vietnam, United Kingdom, United Arab Emirates, Thailand, Sri Lanka, Saudi Arabia, Russia, Qatar, Pakistan, Oman, Morocco, Maldives, Indonesia, India, Kuwait, Egypt, Canada, Bangladesh, Bahrain and Algeria.

His multinational clients in these various countries include Unilever, Sri Lankan Airlines, Singer, Siemens, Reckitt Benckiser, Ranbaxy, Nestle, Nokia Siemens Networks, Novartis, Maersk, HSBC, Holcim, Hilton, Glaxo Smith Kline, DHL, British American Tobacco, 3M and various local companies in these markets. His current (2016) clients in Sri Lanka include John Keells Holdings, MAS Holdings & Millennium IT.

His theoretical grounding is derived from the Postgraduate Diploma in Marketing from the Chartered Institute of Marketing [CIM] UK, where he received the gold medal for the best results in the world at the final examination. His MBA is from the Postgraduate Institute of Management, University of Sri Jayawardenepura. He is an accredited trainer in delivering the personal transformation programme, 'Mastery of Self through Neuro Linguistic Programming' and its derivatives.

Ranjan is a Fellow of CIM and a Past Chairman of CIM, Sri Lanka Branch. These roles and his current role at SENSEI have enabled him to network with corporate leaders of top companies.

He is currently pursuing his Doctoral Studies in 'Organisational Change' at the Ashridge University in the United Kingdom and inquiring in to 'Purposefulness for leadership effectiveness'.

He has also shared the stage and networked with management gurus of the caliber of Tom Peters, Edward De Bono, Jack Trout, Ron Kaufman, Bob Urichuck and Robert Holden. His mentor, friend and partner, Omar Khan has been a tremendous influence in his development as a world-class Team Leadership specialist & CEO success coach.

He is the author of the highly acclaimed book, [Mind Programming for Sales Success](#) and the new, further enriched edition of the book, [A Better Way to Sell – Sales Mastery through Self Mastery](#) published by Pearson Education.

He is promoted globally by the world's leading speakers bureau [Big Speak](#) . More details of Ranjan can be seen in his [website](#) and blog.

[Click here for Ranjan's updated details.](#)

### Testimonials from Past participants

[Click here for testimonials by clients.](#)

Also see below for a sample of testimonials:

It was a wonderful experience to have your team here with us. I personally had a very memorable experience. After the first two days of the session, I wasn't quite sure if I would really use all the tools in my everyday life. I thought I was sure to forget what I had learnt. But when I came back for the final two days of the session, I realized that I was using the tools at a subconscious level. I really had achieved a great deal over the two months because what you had taught had really sunk into me. I wasn't doing anything consciously, but from the inside, there was a strong force motivating me to go for what I really wanted in my life. And I have nobody but you to thank for that. So thank you, from the bottom of my heart! - *Naushaba Ameen – Siemens Bangladesh*

Though it is my second participation it was still attractive as it was before. Sensei has moderately advanced in the area of NLP practices. It seems the Mastery of Self Program is a mission for development of human power. It has a powerful light, which can enlighten the whole human race. A class presentation done by Ranjan has given the audience a complete understanding of NLP. And that ultimately strengthened the audience/participants to overcome the impossible. NLP has shows the power of humanity and its application. - *Abid Abdullah*

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.*

To start with, I must say that the REAL ANCHOR of this playshop Mr. Ranjan is SIMPLY THE BEST! HATS OFF FOR HIM. Regarding the NLP, the playshop can really make wonders. Now I believe in the saying that, "Everything is possible, even the word IMPOSSIBLE spells I'M POSSIBLE!!! Thanks. - *Fouzia Nasreen – Marketing Executive – Rahimafrooz Superstrokes Ltd.*

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*

This was a life altering experience. I am so grateful to the whole of Sensei team. Shanaz, Nirmal, General, Cuddly, Ranjan and everyone was superb. I feel the changes within me and I love it. I just want to tell you all that you have made a difference in my life. But most of all I want to say that I have made a difference in my life. Given the opportunity I would like me to make a difference in others life like the way you have made a difference in mine, just give me a shout. Cheers. - *Shomit Shahabuddin – Account Director – Adcomm*

I first attended the ‘Mastery of Self’ programme 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 later 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 realize my true values and potential as an individual to serve many as a Coach. Realizing the impact value of the ‘Mastery of self’ programme 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*