

In this workshop, we offer you a whole new way of understanding and transforming yourself by enhancing the quality of your life, relationships and work.

This **Basic** Neuro-Linguistic Programme (NLP) course will help you understand the connection between the neurological processes of the mind ("neuro"), language ("linguistic") and behavioral patterns learned through experience ("programming"). Modelled on the skills of exceptional people, it is a science that consists of a set of research based powerful tools to establish quick rapport, activate inner resources for personal healing, enhance self-confidence and deepen relationships through effective communication, expand one's potentials, achieve excellence and thus transform one's overall quality of life. These learnt skills can be applied to sales, education, management, team-building, public speaking, etc. Its quick and effective tools will be an additional asset in helping professions.

Resource Person: Dr. Anthony J. D'Souza, SJ, Director of Premanjali Counselling Services.

Dr Anthony J. D'Souza, SJ holds a **Doctorate and Post-Doctorate in Clinical Psychology** from Wright State University, Dayton, Ohio, USA. He was first introduced to NLP by Dr. (Fr.) Dick McHugh, SJ, the author of 'Mind with a Heart' and later attended a three-week residential Practitioners' Training Course under Steve and Connirae Andreas at Winter Park, Colorado, USA. He uses NLP skills extensively in his counselling/psychotherapy practice of over 30 years. He has offered basic and advanced NLP workshops for many years at Sadhana Institute, Lonavala and other places in Mumbai and India to diverse populations.

He has extensive management experience as the Executive Head of the Jesuits of Bombay Province, Executive Chairperson of St. Xavier's College, Mumbai, Director of Xavier Institute of Counselling Psychology (XICP), Director of the Retreat House, Bandra, etc.

While running NLP workshops, he presents his unique blend of understanding and healing that has evolved in his personal practice and life experiences, a bonus offered and much appreciated by participants.

Date: 22nd to 26th November, 2024

Time: 9 am to 4 pm

Location: Premanjali Counselling Services, Taki Pada, Gass Village, Nallasopara West, Vasai Taluka, Palghar Dist., Maharashtra

Charges: For the course, handouts, lunch and teas **Rs. 8,000/-**
Special discount for students and religious Rs. 6000/-

*Residential facilities available at an additional cost of Rs. 550/- per day
Seats limited and reserved on payment of a non-refundable deposit of Rs. 1000/-*

For more details call on +91 70288 87307 or email us at premanjaligass@gmail.com or visit our website www.premanjali.in