



Indrani Sinha Seth  
CONSULTANCY



# PROGRAM PROFILES

Each workshop can be customized for the participants, based on their profile and requirements. The workshops listed can be as per the time duration stated below – shorter durations are for awareness programs. The longer time duration ones are for detailed workshops, more in depth & activity oriented and can to be done over 2 days based on mutually agreed schedules.

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**WELLNESS AND HAPPINESS**



## The power of the subconscious mind

### 3 hours program

In this workshop we explore the Theory of the Mind and how our conscious mind creates our reality. From our childhood programming to any traumas or experiences, it is what is stored in our subconscious space is how we view the world we live in.

Start looking inside...whether you are giving life its importance and the balance it deserves. Struggle in any form is nothing but self-created illusion and it can always be dissolved by a simple step taken with clarity to change it. As soon as you go on an inward journey you may find that the cloud of hopelessness will wither away, allowing the light of abundance and joy to shine everywhere.

A powerful workshop aiming to connect an individual to the power of his/her subconscious mind!

# Heal your body - body syndromes & organ regeneration

A 2 part workshop to help one understand one's body and mind better & heal oneself!

4 Hours

When somebody holds an emotion in, rather than releasing it, it will manifest itself physiologically and the person will feel physical discomfort. The body will suppress the emotional problem and hold it in, finally manifesting itself in the area of the problem (body syndrome).

In this workshop we will be oriented to the various syndromes of our bodies, what each of us hold in each part of the body and the mind and body correlation and impact of emotions on the physiology of the person.

Stress born out of fear and suppressed emotions is a lethal drain to our potential, our energies and our positivity. Such toxic emotions are the silent cause of many health issues. Our social belief systems and habits most of the time programs us to implode and hold stress and related heavy and dense emotions and energies within our space. They, over time, block cells of the body and organs get impacted and compromised by these toxic energies and emotions....and result in ailments and health issues and can create terminal illnesses.

This interactive experiential workshop aims to guide the participant to learn how to shield one's "4 bodies", to cleanse & energize the physical, mental, emotional, and spiritual areas in the organism and the mind - body connection, how to release toxicities and how to reenergize and ground oneself.

The facilitator will share ways to heal and regenerate healthy cells in your body. Cell Regeneration is recommended as a complementary and supportive therapy along with medical treatments one maybe on. Through the regular practice of this technique and powerful tool many people have experienced amazing results at various levels of their health and well-being.



# Emotional management technique

5 hours program

Strong emotions are both a cause of, and a result of conflict. People in conflict may have a variety of strong, and often negative emotions--anger, distrust, disappointment, frustration, confusion, worry, or fear. These emotions often mask the substantive issues in dispute. However, the emotions, too, are real and must be dealt with.

Techniques for managing emotions are taught in this workshop and the correlation between Thought-Emotion-Energy-Physical Body is discussed. The awareness enables the participant to learn a technique that is easy and makes

One self-reliant in managing day to day issues as well as deep rooted issues that hinder a person's sense of wellbeing.

# "I'm my block" - self sabotage & resistance to change – a self enhancement workshop

3 hours program



Have you ever wondered why, despite all of the work that you've done on yourself, that you are still not happy with how much you earn, or carrying those unwanted kilos, and/or feeling dissatisfied with your life? Why do we continue to avoid behavior that we know could help us? Why do we sabotage ourselves every time our life seems to be getting better?

Who is it within us that seemingly controls us?

The key to anticipating and dissipating this self-sabotage is to recognize that the psyche is essentially fragmented. We're more like a collection of people chattering around on the top deck of a bus. There's constant tension between these conflicting people within us.

In this workshop the facilitator guides the participant to unveil and acknowledge that personality within and at a more fundamental level, guides one to move beyond all of this and awaken to our true nature, the nature of pure awareness, using various holistic techniques. When we reach these states of understanding and awareness, we discover the infinite dimension of consciousness and from this place we can recognize the fragmentation of our own psyche.

Through guided sessions and internalizations, participants learn ways to align themselves and sieve through the redundant and unacknowledged and allow an inner shift that eases the need to resist and smoothen the journey ahead with awareness.

# Cell & organ rejuvenation & healing workshop

3 hours program

Whatever you're dealing with, stress most likely has something to do with it. An estimated 90% of all illness and disease begins with stress. Stress is a lethal drain to our potential, our energies and our positivity. Stress is the silent cause of many health issues.

Our social belief systems and habits most of the time programs us to implode and hold stress and related heavy and dense emotions and energies within our space. They, over time, block cells of the body and organs get impacted and compromised by these toxic energies and emotions....and result in ailments and health issues and can create terminal illnesses.



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The facilitator will share ways to heal and regenerate healthy cells in your body. Cell Regeneration is recommended as a complementary and supportive therapy along with medical treatments one maybe on. Through the regular practice of this technique and powerful tool many people have experienced amazing results at various levels of their health and well-being.

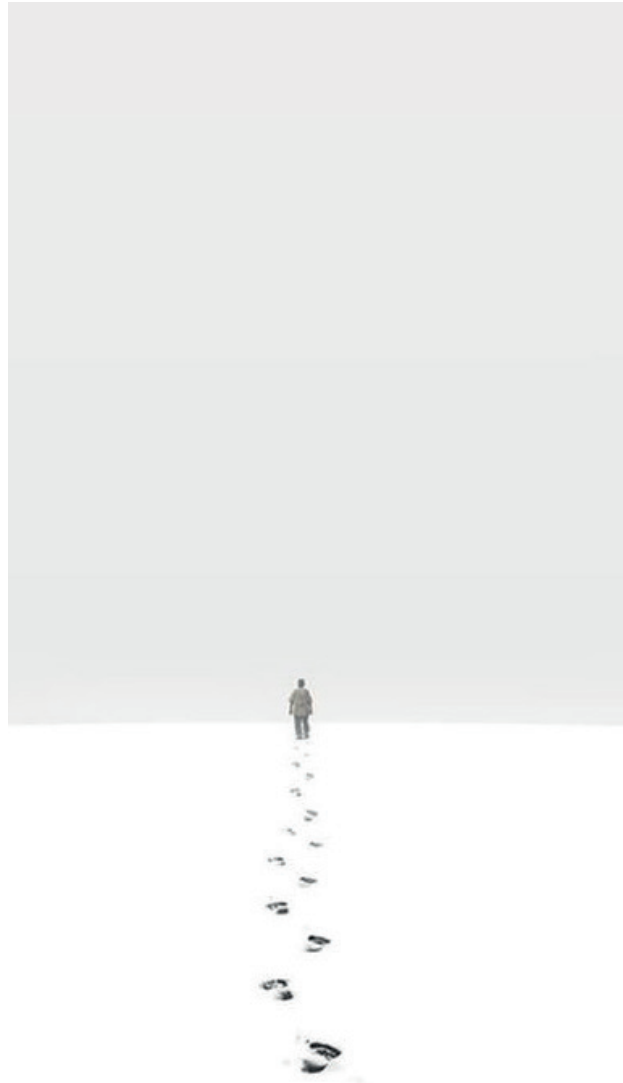
Come and heal yourself – inside out!



# Transgenerational imprint clearing

4 hours program

We are all influenced subtly and overtly by what we absorb from our parents and ancestors. Many of us out of an unacknowledged and sometimes deep sense of family loyalty hold on to these imprints that can impact us in a controlling manner. When these absorbed energies challenge our inner peace and sense of balance or conflict with our present experiences, they create stress and patterns that hold us back from functioning at our highest and best frequency.



In this workshop the participants will explore the various beliefs and patterns that are individually challenging them in their present circumstances and holding them back from manifesting their goals and targets. Through various guided interactive techniques, the facilitator will assist the participants to clear these imprints that can then enable them to function in a manner that brings a multi-level sense of well-being. Participants will learn various easy to apply tools and techniques to enable them in the future to clear such imprints that block their development and evolution as an individual.

Our vision is to enable each individual to acknowledge and accept their authenticity and integrity as a soul....as an individual!



# Right to release

## 2 hours program

To let in the new we must first let go of the old...the redundant...the seemingly forgotten that occupies space within!

For many of us certain limiting belief, thought patterns, habits are part of who we believe we are...some of these are adopted, unconsciously absorbed and control us subtly and overtly leading to patterns that are repressive and hold us back from manifesting our goals and dreams.

In this session we use the tools and techniques that are easily applicable and enable ourselves to release and let go of that which chains us down and help ourselves to welcome the new...the beneficial...the liberating energies that allow us to function at our highest and best!

# Ho'oponopono healing

## 3 hours program

Ho'oponopono an ancient Hawaiian technique that has the power to transform any situation from its root. This practice follows certain principals that help dissipate karma, clear unbalanced or stuck energies and open you up to powerful manifestation capabilities.

This workshop, teaches participants how Ho'oponopono works and how it can be used on a daily basis.



Details of the 4 main steps of Ho'oponopono will be discussed and experienced through powerful healing sessions during the workshop:

I'm Sorry

Please forgive me

I Love You

Thank You

This workshop will leave participants feeling positive, making you more aware about where you are in their current life situation, and will empower you to break out of the rut.

# Beats

A workshop on learning how to balance and create inner & outer synergy

3 hours program & 6 hours program

The body, emotions, aura and thoughts of an individual completely influence his/her own synergy within and without. This program guides an individual to understand this synergy and learn tools and techniques to create a healthy balance that teaches one to remain in rhythm with the BEATS of the Universe!



A large circular frame is centered on the page, containing a landscape photograph. The landscape shows a tree in the foreground, a body of water, and mountains in the distance under a hazy sky. The background of the slide is a dark, textured gradient.

# Stress management

6 hours program

Stress is a lethal drain to our potential, our energies and our positivity. Stress is the silent cause of many health issues. This interactive exercise based workshop aims the participant to learn how to recognize stress carriers, how to shield one's self from stress, how to release stress and how to reenergize and ground oneself. In today's world these tools and techniques are hugely beneficial for one's daily life and to ensure one's overall health and well-being.



# Self hypnosis

## 5 hours program

Self-hypnosis is a very calming and enjoyable experience. This is a state of consciousness that is most useful for stress management, self-healing, and behavior change.

It is a relaxed, accepting, quiet, inwardly focused state. Some of the many advantages and benefits of self-hypnosis are, it will help you to end worry and obsessive thinking, release negative emotions and traumatic memories, it can eliminate lifelong fears, phobias and break bad habits, help with weight loss and emotional issues, give you greater self-control, build your confidence to name a few.

In this workshop the participant learns how to induce a relaxed receptive state of consciousness and give empowering healing suggestions to oneself. They learn how to form effective suggestions. The power of self-hypnosis can help you bring about profound change, healing and positive growth in yourself.

# Self enhancement & goal accomplishment

Manifest your magic through the Power of your Mind and Self Hypnosis  
6 hours program

The workshop encourages you to show up prepared, vulnerable, honest and ambitious....thereby enabling us all to learn ways to let go of what holds us back...what needs to be released as its now redundant...and to prepare oneself for the best to manifest... A powerful workshop aiming to connect an individual to the power of his/her subconscious mind!

In this workshop we explore the Theory of the Mind and how our conscious mind creates our reality. From our childhood programming to any traumas or experiences, it is what is stored in our subconscious space is how we view the world we live in.

Start looking inside...whether you are giving life its importance and the balance it deserves. Struggle in any form is nothing but self-created illusion and it can always be dissolved by a simple step taken with clarity to change it. As soon as you go on an inward journey you may find that the cloud of hopelessness will wither away, allowing the light of abundance and joy to shine everywhere.

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In this workshop the participant learns how to induce a relaxed receptive state of consciousness and give empowering healing suggestions to oneself. They learn how to form effective suggestions. The power of self-hypnosis can help you bring about profound change, healing and positive growth in yourself. The facilitator will share simple easy to apply tools and techniques in this workshop to enable you to rise and shine and reveal a more enhanced you who radiates positive energy, love and abundance and the same reflects in your universe!

We inspire and motivate each other!!!

# Release and manifest your best self

3 hours

To let in the new we must first let go of the old...the redundant... the seemingly forgotten that occupies space within! For many of us certain limiting belief, thought patterns, habits are part of who we believe we are...some of these are adopted, unconsciously absorbed and control us subtly and overtly leading to patterns that are repressive and hold us back from manifesting our goals and dreams.

In this session we use the tools and techniques that are easily applicable and enable ourselves to release and let go of that which chains us down and help ourselves to welcome the new... the beneficial...the liberating energies that allow us to function at our highest and best! The participant will learn various methods and tools to enable him/her to release old fears, blocks, patterns, imprints, implants and attachments and to manifest goals and targets. The session is experiential and will include ways the participant can with daily exercises and simple rituals be able to help themselves.

This workshop works very well when done after the Power of the Mind and Self Hypnosis session.







Through various exercises participants will be guided to explore to find where lies the hook – the root of the issue – the block – and with SHIFT enable a different reality to emerge.

The workshop will conclude with a group internalization with affirmation & visualization to enable participants to emerge with a fresh awareness and perspective that enables them to function at their highest and best potential in all aspects of their lives.

## S.H.I.F.T. - Self Healing In-Finite Transformation – a workshop

3 hours program

The mind is the most powerful tool that mankind has at its disposal. The key is to utilize the mind appropriately so that it works for you rather than against you. In this interactive experiential workshop the facilitator guides participants to explore the process of how thoughts in your mind manifest into the reality that we all experience and how to make this process work in your favor.

Multiple aspects of one's daily life will be explored - health ~ relationships ~ wealth and prosperity ~ career...to see where one needs a SHIFT!

# Womb Regression and Healing Workshop

3 hours program



It's noted that the fetus does have a memory of all that it absorbs and experiences while in the mother's womb. It also absorbs the energies and emotions of the mother and what is of significance in the mother's environment.

Many of our beliefs due to parental and ancestral imprints are created before birth. Thus one comes into the world with certain beliefs and patterns which work as filters through life.

Many of our personality traits and physical and emotional patterns and issues can be traced to experiences that we had while in the mother's womb and also during the process of birth. Many emotional and physical issues, such as feelings of loss, alienation, betrayal, rejection, loneliness, isolation, grief, relationship issues, separation anxiety, panic attacks, depression, claustrophobia, paranoia, asthma, headaches, and sinus problems, and many others can be traced back to the traumas surrounding birth and pre-birth times.

In this workshop we will explore through various exercises and guided visualizations, our beliefs, recurring patterns and limitations that are hindering our evolution and advancement in various aspects of our individual lives...and address those that can be imprints, absorbed energies, beliefs and filters from parents and ancestors.

In innumerable cases, after such a session, participants have reported smooth transitions, changes and shifts in various aspects of their lives. Come join in for this inner exploration and help yourself to access your own potential and authentic self!

# Intimacy & intellect – re-reading relationships

An awareness & enhancement  
workshop

3 Hours program

The primary objective of this workshop is to help individuals gain the awareness, realization and firsthand experience, that everything in their external circumstance is a reflection of their inner self.

This session focuses primarily on the relationships we share with those individuals whose qualities that we dislike, or perceive as negative, and therefore trigger emotions of anger, fear, discomfort which continue as repetitive patterns in our life.



Nobody has the power to control the way you feel, through their actions, it is we who chose to feel the way we do based on our own associations.

The best way to heal yourself out of these emotions and transform the situation for the highest and best is through observation - identification - release – respond.

This session will empower you with tools, technique, knowledge and practical exercises through this powerful four step plan to create harmony within inner space and in your environment and release yourself from emotional bondage from painful relationships and limiting circumstances.

# Integrating The Shadow Self Workshop

3 hours program

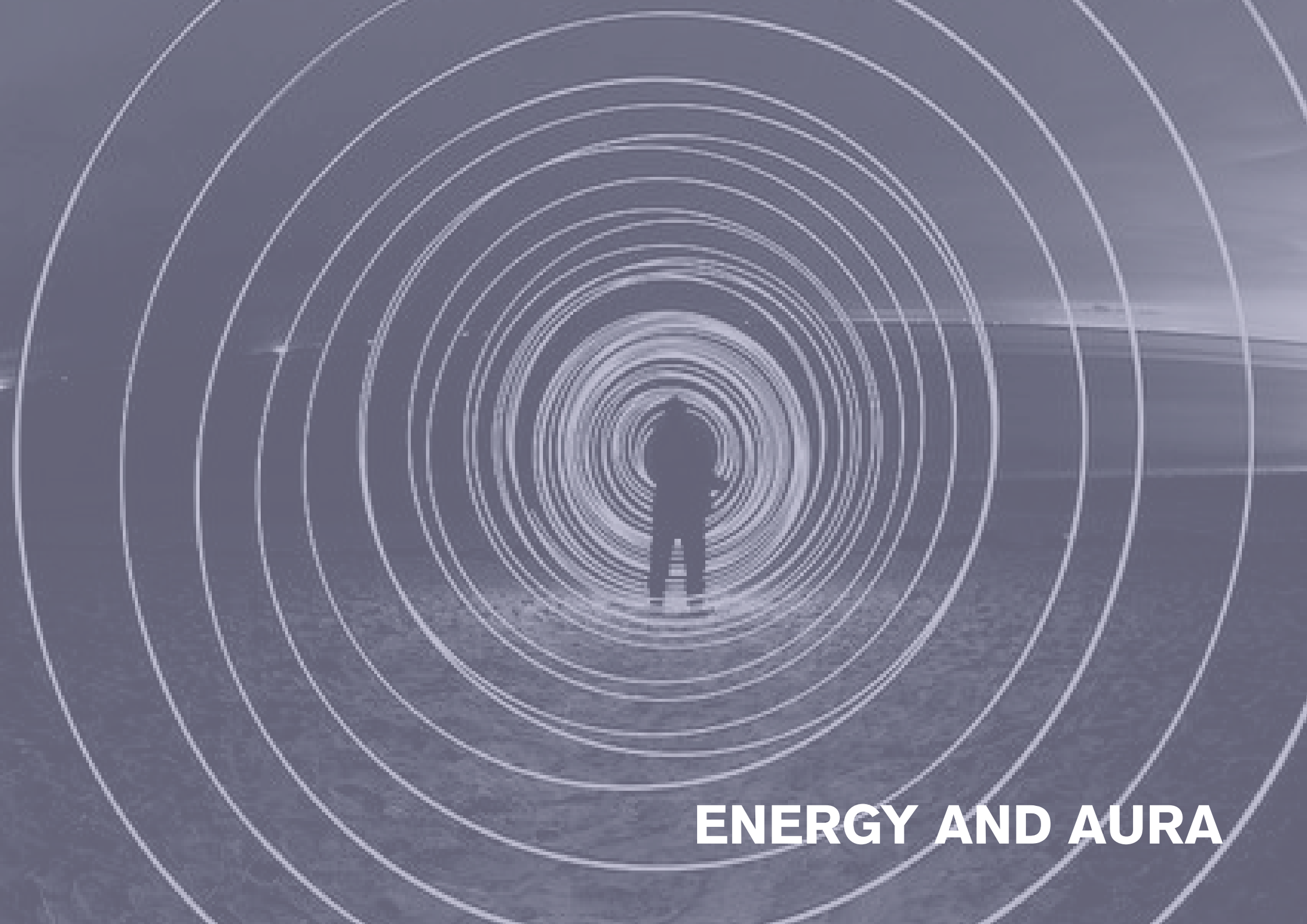
The shadow is a psychological term for everything we can't see in ourselves. Most of us go to great lengths to protect our self-image from anything unflattering or unfamiliar. And so it's easier to observe another's shadow before acknowledging one's own shadow. Every human being is susceptible to this.

Exploring your shadow can lead to greater authenticity, creativity, energy, and personal awakening. This introspective process is essential for reaching mature adulthood (which is rarer than most think). As you integrate your shadow side and come to terms with your darker half, you see yourself more clearly.

In this workshop the facilitator will guide participants in an interactive way to recognize who is the shadow and what are the origins and red flags to look out for...the inner hooks that need to be acknowledged and released... the benefits of shadow work and tips for when you engage in shadow work along with exercises and daily practices that can enable participants to heal and integrate the shadow to help you become more grounded, human, and whole.

When you can accept your own darker parts, it is easier to accept the shadow in others.





**ENERGY AND AURA**



# The wheel of life

## An Aura Energizing Workshop

### 3 hours program & 6 hours program

The world of aura, energy and wellness is brought to the participants in a simple informative and interactive workshop. The discussion & learning based awareness session is followed by a meditation for Aura Cleansing, Energizing & Shielding.

The primary aim of this workshop is to enable participant to gather enough awareness to maintain a balance and sense of inner and outer harmony through this process which they can practice on a regular basis.

The participant learns about the integral connection between Thoughts, Feelings, Emotions, Energy and Physical body! Then in a guided manner complete the application chart as they go through the workshop.

The meditation aims to align, cleanse and energize each of the 7 main chakras. The participants ground and integrate themselves and in the longer duration program each participant receives an individual Chakra reading after the workshop which helps to see if there are any blocks in any participant and affirmations are given to clear them.

A black and white photograph of a person sitting in a meditative pose (Padmasana) with their back to the camera. The person's back is covered in a glowing, ethereal light that forms a vertical column of energy, representing the chakras. The light is brightest in the center and fades towards the top and bottom. The person's hair is tied up in a bun. The background is dark, making the glowing energy stand out.

# Chakra cleansing & 6 senses energising workshop

3 hours program

The world of aura, chakras, energy, senses and wellness is brought to the participants in an informative and interactive workshop. The discussion & learning based awareness session is followed by a group meditation for chakra Cleansing, Energizing & Shielding. Participants will learn ways to energize themselves through the 6 senses. The primary aim of this workshop is to enable participants to gather enough awareness to maintain a balance and sense of inner and outer harmony through this process which they can practice on a regular basis.

The participant learns about the integral connection between Thoughts, Feelings, Emotions, Energy and Physical body! Then in a guided manner complete the application chart as they go through the workshop.

The facilitator will share various ways to maintain the chakras healthy functioning by the support of our 6 senses. The meditation and internalization aims to align, cleanse and energize each of the 7 main chakras. The participants ground and integrate themselves and based on their individual Chakra reading, they learn ways to continue to be balanced, cleansed and energized.

# Color therapy

an awareness and application session  
3 hours

Colors have multiple uses in the world of healing! Color healing has been around for eons and was also used by some of the finest minds in history. The 7 different chakras, which are the energy medians of the body, have different colors associated with different functions. Color affects our moods and health and also the way we think or the way we are perceived by others.

Color Therapy is a totally holistic and non-invasive therapy and, really, color should be a part of our everyday life, not just something we experience for an hour or two with a therapist. Color is all around us everywhere. This wonderful planet does not contain all the beautiful colors of the rainbow for no reason. Nothing on this earth is here just by chance; everything in nature is here for a purpose. Color is no exception. All we need to do is to heighten our awareness of the energy of color and how it can transform our lives.

Color therapy is safe to use alone or alongside any other therapy whether orthodox medicine or another complementary therapy and is safe and helpful for adults, children and animals too.

In this workshop the various aspects of colors, their individual influence and impact on our senses, emotions and energies will be explored. Various simple easy to apply techniques and exercises will be shared in the session for participants to know how to use colors to enhance various aspects of their daily lives.





# Sensory candle therapy

3 hours

The use of candles as a tool for therapy dates back thousands of years. Sensory candle therapy refers to burning candles with different fragrances and or colors that are thought to affect changes and bring 'magical' powers to one's life.

Candle aroma therapy is also commonly used in conjunction with light and sound for a well-rounded and balanced effect. There is often a ritual that goes along with the candle and the color and fragrance will change depending on the desired effects.

We can use candle therapy to heal and strengthen the chakras often in conjunction with meditation.



Each of the chakras (energy centers in the body) is directly related to a specific color. Candle therapy is used in conjunction with color therapy to affect healing or strengthening of the chakras. Sensory candle therapy means different things to different people even though they all agree that it is a practice that affects healing and wholeness.

Each colored candle is endowed with certain 'magical' powers or properties and it is believed that along with ritual and/or meditation, candle therapy can affect real changes in one's life.

A beautiful mystic session that guides the participant to learn ways to enhance various aspects of their lives, clear blocks and with the support of the undefined and infinite, manifest goals and targets. The facilitator will share various methods and tools to enable the participant to be able to practice this independently and achieve their desired goals.

# Zibu symbols

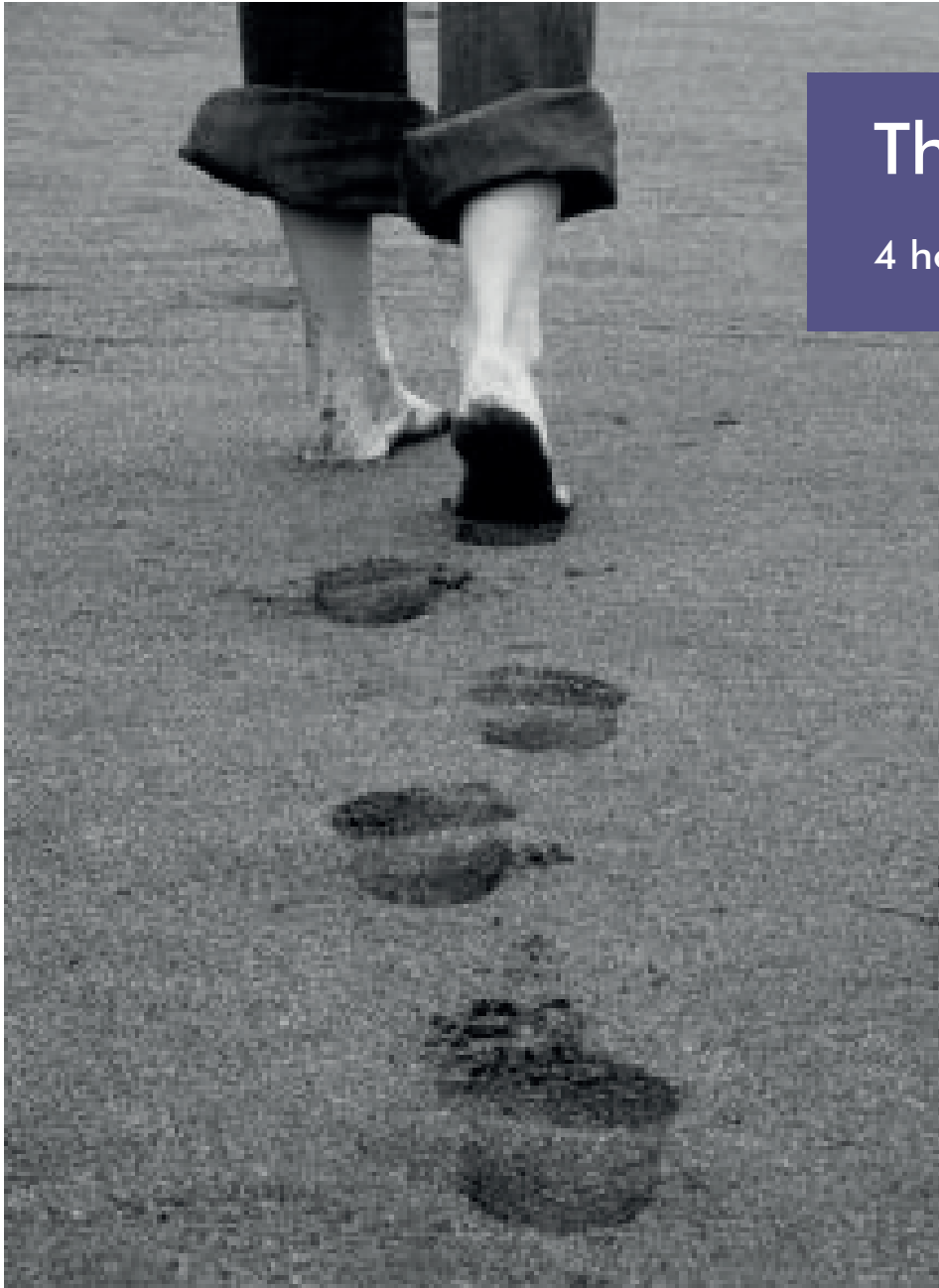
An orientation and  
application session  
3 hours

Mystic powerful angelic symbols that enable the person activating them to help them in very many aspects of their lives. The facilitator will share her own spiritual experiential understandings and learnings from Zibu and Angel guidance to aid the participant to enhance their individual lives. The symbols fluid simple yet profound power can be felt when one uses them with trust and faith.





# PERSONALITY ENHANCEMENT



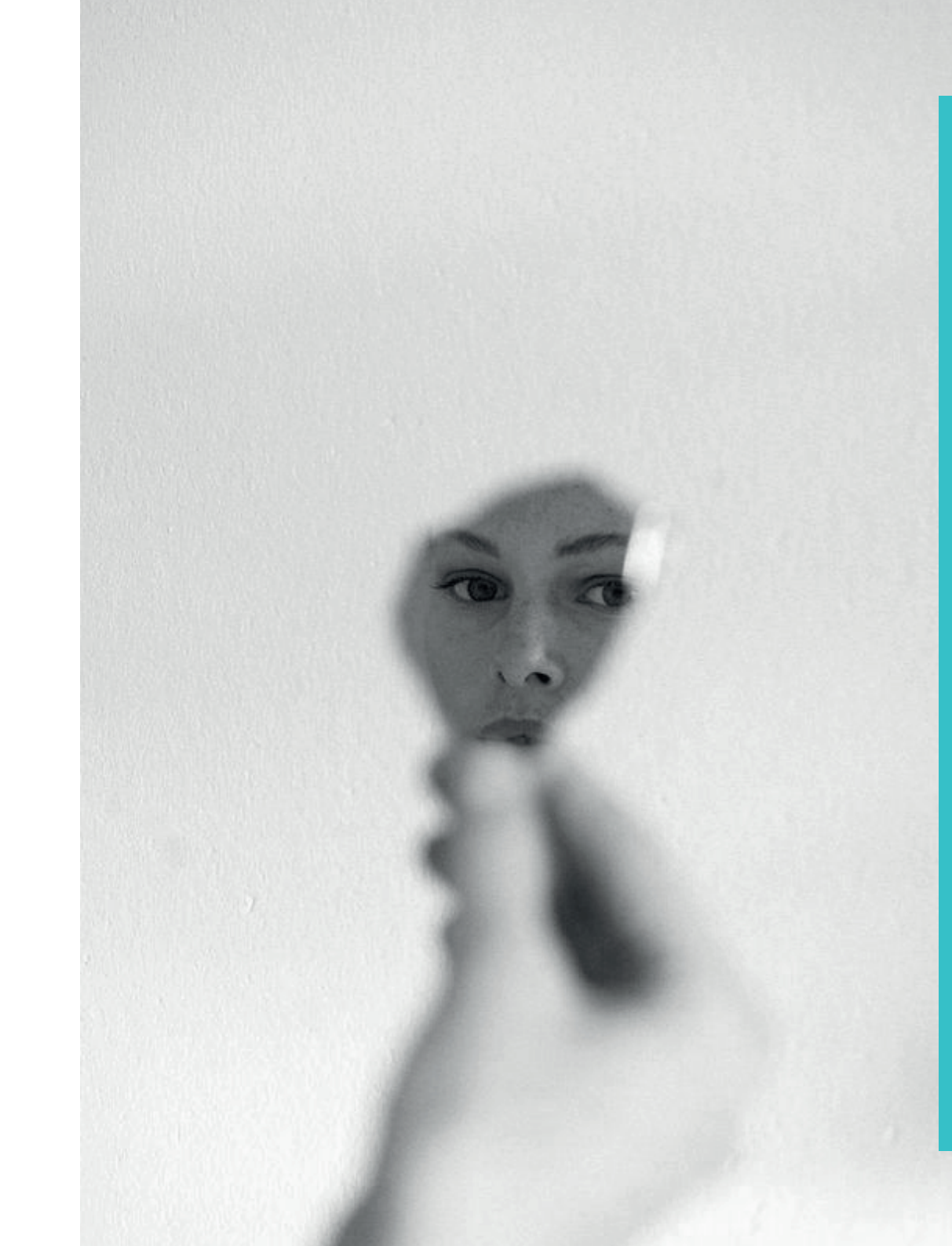
# The 20 laws of love

4 hours program & 8 hours program

The budding adult views the world and what it holds for him/her with trepidation and insecurities....with questions and doubts...with sometimes a need for a source of learning...awareness...support...a guide to lead a better and abundant love filled life....This is an awareness workshop towards discovering your Self and your partner and building a relationship and bond based on Love & Light.

This workshop is spread out over 2 sessions (preferably on 2 separate days) for the shorter program & 4 sessions (preferably on 2 separate days) to enable the learning and information to be shared in a staggered manner, thus the mind's absorption of the learning is more effective.

Discovering one's Suggestibility and Sexuality enables a person to understand himself/herself better and this enhances their ability to understand others, the power of effective communication and result towards a more harmonious life...especially for those who are on the verge of significant committed relationships and marriage. And also those who wish to better their existing relationships and love life! The subtleties and layers of life and love are explored in this workshop.



## Attitude – a positivity enhancer

4 hours program

A shift in attitude enables us to show victory in place of what may have been construed as a defeat! An introspective workshop that guides the participant to recognize the internal hooks that stop the person from having an attitude that helps him/her function at his/her highest and best.

Through guided exercises and activities, participant enables himself/herself to release the hooks and welcome an internal shift that aids his/her moment to moment view to Life.

# Motivation – self & others

4 hours program



Many a times in Life what stops us from reaching our goals and achieving our targets is a lack of motivation. When feel the depleted energy within, view our own incomplete tasks...we can't seem to support ourselves nor can we support others.

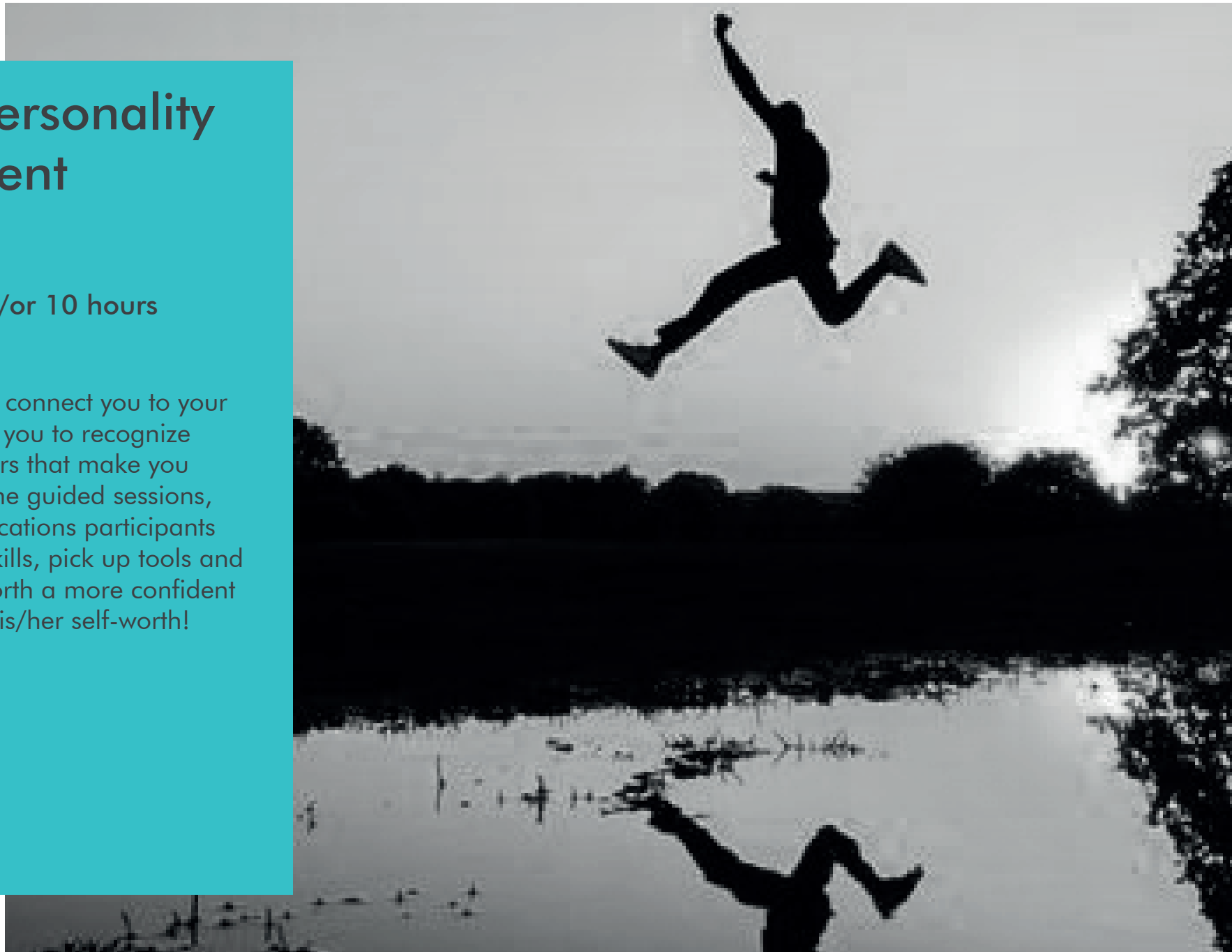
This workshop helps a person to learn how to motivate oneself...how to stay motivated moment to moment and how to reflect this positivity and energized self into one's environment. An exercise based interactive workshop aiming the participant to connect to his/her innate potential and stay connected!

# YOU – a personality enhancement program

5 hours program &/or 10 hours program

This program aims to connect you to your innate potential, lead you to recognize and enhance the layers that make you so unique! Through the guided sessions, discussions and applications participants learn to better their skills, pick up tools and techniques to stride forth a more confident person...clued in to his/her self-worth!

Emotional equation  
Facial expression  
Body language  
Voice therapy  
Department  
Me & my universe





# Money & me

## 3 hours program

An experiential interactive workshop to enhance one's relationship with money...manage money better... earn & have... aiming to aid one's ability to enhance means of earning... remove inner hooks that compromise this vital relationship in today's multi-dimensional world and develop a holistic balanced bond.

The facilitator will share practical & holistic tips and easy to apply techniques to help create a healthier and more enhanced relationship... The workshop will include Cognitive Behavior Therapy techniques, Emotion Management Technique, Law of Attraction tools, Laws of Suggestibility, Visualization & Guided Imagery, simple Crystals & Feng Shui tips, Exercises from Mental Bank and a few other holistic techniques.



# Goal setting & year end vision

Annually suggested either in Nov/Dec

2 hours program

We inspire and motivate each other!!! An interactive session to enable you to prepare you for the coming new year!



The workshop encourages you to show up prepared, vulnerable, honest and ambitious....thereby enabling us all to learn ways to let go of what holds us back...what needs to be released as its now redundant...and to prepare oneself for the best to manifest...The facilitator will share simple easy to apply tools and techniques in this workshop to enable you to rise and shine and reveal a more enhanced you who radiates positive energy, love and abundance and the same reflects in your universe!

# Drama orientation workshop

Basic level (applicable to beginners/students)

10 hours program

We aim through the various interactive sessions, role playing, exercises and practical applications in the modules to walk the participants through a journey that will introduce to them the world of drama and reveal to them their potential in the various aspects of this diverse world. Participants will be expected to do certain assignments during the course of the workshop.

This workshop will enable participants to tap their creativity, enhance their inner selves by showing them various effective communication techniques and build their self-confidence and self-value. Group activities will promote team efforts and aid the participants to connect with others and grow and evolve as a well-balanced, socially conscious disciplined individual.

The final session will have a quiz based on the workshop and all the modules covered in it.

Duration: suggested 5 consecutive sessions - 120 minutes each (includes a 10 minutes break) includes orientation to the program & the concluding session which includes a quiz.

Modules:

Body language

Facial expression

Voice modulation

Scripting

Sets & props

Lights & Music & Sound

Production & Back stage

Make Up & Costume



# The art of public speaking

A personality enhancement program

6 hours program – 3 hours per segment for 2 consecutive days

This program is for those who wish to enhance their power of communication and who believe in their innate potential...the person who values the power of words! This workshop is an image building exercise which is highly beneficial for all aspects of life

## MODULES:

- Voice Therapy
- Modulation
- Body Language
- Facial Expression
- Public Speaking
- Extempore Speaking
- Speaking At Seminars
- Panel Discussions
- Debates
- Team/Board Meeting
- Art Of Moderating
- Who Is A Good Orator



# Relationship & communication enhancement

4 hours

The need of the hour is to be more effective and positive in communication. This leads one to be better at presentations and enhance their existing careers, relationships and positively impact every sphere of their lives.

The primary objective of this workshop is to help individuals gain the awareness, realization and firsthand experience, that everything in their external circumstance is a reflection of their inner self.

This session focuses primarily on the relationships we share with those individuals whose qualities that we dislike, or perceive as negative, and therefore trigger emotions of anger, fear, discomfort which continue as repetitive patterns in our life.

Nobody has the power to control the way you feel, through their actions, it is we who chose to feel the way we do based on our own associations.

The best way to heal your-self out of these emotions and transform the situation for the highest and best is through observation - identification - release – respond. This session will empower you with tools, technique, knowledge and practical exercises through this powerful four step plan to create harmony within inner space and in your environment and release yourself from emotional bondage from painful relationships and limiting circumstances. The facilitator will share understandings on Suggestibility and Sexuality based on Dr John Kappas' works and research and the participant will get their individual Suggestibility and Sexuality scores (based on the tests done in the session).

# Time management



5 hours program

Time management is a key component for success and a life skill. Time management skills are fundamental to success at any sphere of life. We define time management as how one schedules or manages the time allotted to accomplish career and personal goals. Good time management skills involve planning according to priorities, establishing short-term and long-term goals, and appropriate allocation of resources to meet those goals. Poor time management skills, on the other hand, generally result in a lack of completed goals, increased stress, and a high tendency towards procrastination. This workshop enables to guide the participant to learn simple easily applicable tools and techniques to enhance their ability to manage their time and tasks and priorities and find a balance in their daily lives.

# Global socio-cultural awareness workshop

## 4 hours program

Cross cultural training is fast becoming a recognizably important component in the global society. This workshop aims to highlight the effectiveness of cross cultural training in facilitating the process of acculturation, and in developing the culture specific and culture general skills needed to increase the sociocultural and psychological adjustments of expatriates when they encounter a foreign culture. A new cross cultural training model is created by integrating acculturation and training effectiveness models.

This workshop suggests that providing two different types of training program prior to cultural contact will help recipients to effectively modify existing culture general and culture specific skills. As a consequence, they will achieve a higher degree of sociocultural and psychological adjustment. Experiential training should trigger affective and behavioral responses, which are the basis of intercultural effectiveness skills, and thus enhance psychological adjustment. By contrast, cognitive training should trigger cognitive responses, especially cultural awareness and interpersonal skills, and enhance sociocultural adjustment.





# Anger management

5 hours program

Anger management is the process of learning to recognize signs that you're becoming reactive, frustrated and or angry, and taking action to calm down and deal with the situation in a positive and productive way.

Anger management doesn't try to keep you from feeling anger or encourage you to hold it in. Anger is a normal, healthy emotion when you know how to express it appropriately — anger management is about learning how to do this.

Anger management helps you recognize frustrations early and resolve them in a way that allows you to express your needs and maintain your calm and overall control and objectivity.

# Spoken english language enhancement workshop

12 hours program – 2 days – 6 hours per day

Speaking English is as easy or difficult as the effort you're willing to put into it!

In this workshop, the participant enhances their proficiency in English through exercises and easy to learn tools, thereby enabling oneself to improve the vocabulary, accent and pronunciation in an interactive workshop.

Knowledge of a language, that is considered one of the most common modes of communication in most parts of the world, enables the person to enhance their confidence in themselves.



hello.





It reinforces many types of therapies and speeds progress. It can be used for procrastination, motivation, goal attainment, prosperity, weight loss, smoking, etc. The Mental Bank Program uses incremental steps to create positive change – change that the unconscious mind will accept in a very innovative and unique way.

## Mental bank

4 hours program

“Success is not an accident!”  
This statement made by John Kappas, PhD and founder of HMI College of Hypnotherapy was the impetus for his creation of The Mental Bank Program.

This revolutionary program is easy to learn and combines the natural forces of dreams, “ideomotor response” and symbolic language to put you in the driver’s seat to begin reprogramming the most powerful part of your mind.

mashroom.5

**COLLABORATIVE SESSIONS**



# Synerchi – Energy~Feng Shui~Art Workshop

12/18 hours program – 3 days – 4/6 hours per day

An invigorating series of three workshops...where we explore the synergy between Mind & Body & Environment to enhance Health & Well-Being; Prosperity & Abundance; Relationships & Emotional

Health and create our own art with the way our thoughts and emotions flow...

This series is done in collaboration with 2 other facilitators from the world of Feng Shui & Art.



# Color my life A collaborative workshop

4 hours program

A self enhancement workshop aiming to enable the participant to explore ones' energies...balance & harmonize within... through an interactive session culminating in a guided Color Meditation...leading to a free flowing finale in the realm of color and its connotation in a "painting my energy" Art Session... Self Enhancement with guided breath work & through the realm of colors & its significance, learn techniques to harmonize your inner self.

# Parent – child cord enhancement workshop A collaborative workshop

4 hours program

A parent child bond is laced and layered with multiple expectations, ever shifting boundaries, subtleties of emotions and energies. Any common platform, to explore neutrally each other and one's self, helps to enhance the strength of the bond and move forward more love filled, harmonious and joyous.



This workshop which is in two segments, enables you to acknowledge and explore the flow of the synergy between yourself and your parent/child, cleanse and clear any internal block and find your inner balance and harmony with yourself and with your parent/child through an interactive session and a healing meditation in the first segment.

Art is a beautifully effective medium which enables you to create freely your individual interpretation of how you perceive your harmonious inner self and the blessed bond you share with your beloved parent/child. In the second segment, participants are able to fuse the two powerful tools to help them enhance their shared love and bond...and their creations are an extension of their feelings.

FOR FURTHER DETAILS PLEASE CONTACT:-

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