



# LIFE EXCEL

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**Master Your Mind  
Shape Your Destiny**

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In the current times, the capital asset of anyone is their own mind.

If one can win over their mind, they can win over their life!



Discover the transformative power of self-management, an art and science often overlooked in the traditional educational curricula.



# How much do you know yourself?

You may have acquired expertise and skills through your education and secured a job to earn a living. Whether you realize it or not, you are the architect of your own life. Now, take a moment to evaluate your self-awareness. Reflect on how well you truly know yourself. Jotting down your thoughts can help clarify your understanding.

- What truly fulfills you beyond just surviving and succeeding materially?
- Are you aware of your strengths, weaknesses, opportunities, and threats?
- Have you improved your communication skills with important people in your life?
- How well can you manage stress to reach your desired mental state?
- Have you identified your core values?
- Are you aware of how your beliefs and conditioning affect your decisions?
- Do you recognize and work to change automatic or unhelpful behaviors?

When you reflect on these questions, you will discover that your self-understanding is neither fully accurate nor complete. Gaining a better understanding of yourself can lead to more informed and beneficial decisions and choices.

Do you seek greater control over your life and a more authentic way to shape your path and destiny?

This program is designed to help you achieve just that.



LIFE EXCEL – is a 'blue print' that involves modelling and applying strategies that are used by successful individuals to achieve personal and professional goals. These strategies, commonly referred to as “ideas for excellence”, are skillsets that involve language and patterns of behaviour learned experientially, to bring about sustainable changes.

The tools made available in the course are easy to learn, adopt and practice to get lasting transformational results.

They can help you to organise and achieve perfect work-life balance or pursue other lasting personal changes.



“LIFE EXCEL is not about motivation. It is the new technology of ‘how to’ make lasting changes.”

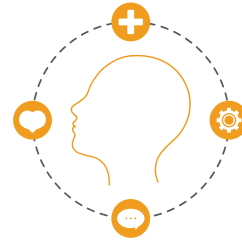


## Coaching model

- ◆ 12 hours coaching program (two hours daily over 6 days). Live, virtual and interactive on Zoom
- ◆ Break-out room sessions to ensure leaning and retention
- ◆ Apart from course manual, a workbook included for exploratory assignments
- ◆ Continuous learning through complimentary 'Open House' virtual meetups.

## Course coverage

Our certified NLP trainers will guide you through the principles and techniques of using a combination of live lectures and interactive exercises in a supportive and engaging learning environment



“ The ultimate goal is to facilitate self-actualization, which empowers individuals to realize their full potential, leading to a more fulfilling and enjoyable life! ”



## Key Benefits

- ◆ Explore the relationship between language, behaviour, and the mind and how they influence each other
- ◆ Enhanced understanding and ability to manage self and others with an extremely resourceful state of mind.
- ◆ Understand the nuances of persuasion and enhance your personal and professional relationships by communicating your thoughts and ideas in a more efficient manner
- ◆ Unlock your full potential by allocating your energy holistically

Embrace the journey of self-discovery, discover your values and beliefs and open doors to a world of limitless possibilities.



## EXPERTISE

This course is delivered by uniquely qualified professionals who possess decades of international, multicultural corporate experience.

Our areas of expertise extend across Corporate HR Training, Coaching, Consulting, Corporate Finance, and Information Systems Security and Audit in both corporate and government sectors.

Since 2012, this course has been supported by extensive training and coaching experience, with more than 150 batches successfully completed.



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## COACHES



**CA UNNIKRISHNAN BALAKRISHNAN**

*Executive Coach at VDEMYPX*

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Certified Life Coach & NLP Trainer

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**SANTHOSH NAIR**

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HR Consultant & Trainer

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Director, Career Dreams College and Civil Service  
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# Our Initiatives





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For more details, contact us

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