



Strategic Leadership/Self-Awareness/EQ&SQ

Chooi-Chin Goh
Mind-Mastery

Know and Master the Mind To Enhance your Potential

A talk and demonstration will be presented on the mechanics of the mind, understanding it, promoting self-help through motivated self-directed change and empowerment using the auto-suggestive sciences. An insight into how the mind works and how one can systematically reprogram the sub-conscious mind, utilizing the great powers of suggestion and imagery to achieve individual goals. Know about the Power of Suggestion and learn how to maximize your strengths to achieve full potential.

OBJECTIVES

To Equip Participants With:

- * important clues to understanding the mind and how it works.
- * awareness of the Power of the Mind for self-directed change and self-development
- * availability of self-help tools for wellness, motivation, performance & achievement
- * tips on enhancement of human potential

This session serves to reveal and instill awareness of the Power of the Mind for self-development. It is about understanding the Auto-Suggestive Sciences, retraining the mind to self-heal and for the enhancement of human potential, offering self-help tools. Instill awareness of the shift from IQ to EQ and though to SQ.

OUTCOMES

By the end of the session, participants will:

Have a better understanding of the mechanics of the mind to develop their ability to:

- Be aware of auto-suggesting highly desirable personality traits directly into their brain cells, and magnetizing success in their lives by choosing the rights thoughts.
- Apply the knowledge that these thoughts are "commands" that are programmed to improve their inner thought processes so as to re-engineer their entire outlook on life
- Have the ability to think outside the box. To visualize and conceptualize ideas before they become real.
- Push the mind into states of higher perception and consciousness, and expands their ability for "whole brain functioning"
- Dissolve stress, melt away tension and know that they can train their mind to increase their tolerance for stress, so they can work with a clear mind to solve problems... FAST!
- Banish negative behavior patterns, as these are silently decaying their life.

- To re-program their brain to automatically improve performance in business, social circles, and life itself.

This beginner's workshop is a prelude to a 2-day training programme that teaches participants to sustain motivation by systematically programming the sub-conscious mind, utilizing the great powers of suggestion and imagery to achieve individual goals and empower oneself by eliminating:-

Bad Habits such as Smoking, alcoholism, obesity, phobias and allergies negative attitudes, drug abuse and Stress Related Problems like Insomnia, depression, anxiety, anger tantrums, tension headaches, bereavement, thus achieving greater confidence to perform better at both work and play.

APPROACH

Presented with clear explanations illustrated with diagrams, simple instructions for exercises and opportunities to participate and practice techniques and ask questions in an interactive environment. Demonstrations and practical exercises are utilized to reinforce workshop effectiveness. Participants will leave using new practical tools.

BIOGRAPHY

Goh Chooi Chin, BA (Hons), MSc. *Certified Hypnotherapist.*

Human Potential Coach, Mind Mastery Corporate Trainer, International Speaker.

A developer of executive mindsets and builder of business operations, with a MarCom background in Advertising/Video/Digital Media/PR, Chooi-Chin is a motivated self-starter with visionary/futurist ideas, creative and entrepreneurial. She has set up several private limited companies successfully amongst which are video production/multimedia firms, started the first hypnotism company in Malaysia and was awarded a Knowledge Exploitation Fund grant to start an eCommerce concern in Wales. She is currently researching a few projects that involve searching for and investigating Spiritual Intelligence, holistic healing, sustainable living and free energy technologies, exploring, developing and implementing visionary ideas.

She pioneered and taught the art of self-hypnotism and hypnotherapy in Malaysia and gave talks and live demonstrations to international audiences. Currently being consulted by corporations as a Mind-Mastery Corporate Trainer / Human Potential Coach, she had taught in countries from Malaysia to the UK, US, Singapore, Thailand, Indonesia, Vietnam, Kenya and Sri Lanka.

She is a well established VISTAGE Asia Resource Speaker. Her eye-opening demonstration proves beyond doubt the Power of the Mind! A must see!

As a consciousness activist, she was the Founder of the Malaysian United Religions Initiative Kuala Lumpur (URIKLCC), Vice-Chairman of the Interfaith Spiritual Fellowship (INSaF), Vice-President of The British Graduates Association, Malaysia (BGAM), Hypnotherapy Chapter Leader for the Malaysian Society for Complementary Therapies (MSCT) and International Chapter Representative for Malaysia & Wales, National Guild of Hypnotists, USA.

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