

POWER OF THE SUBCONSCIOUS MIND

& MEMORY TECHNIQUES

While most of us achieve what we want but some do not and wonder why. An understanding of the working of our minds and the components will help to unlock the power of our subconscious mind so that we can shape desirable behaviors and achieve our goals in life.

Workshop Highlights:

- Understand how the Human Mind works.
- Unleash the Power of Your Subconscious Mind to outperform yourself.
- Goal achieving made easy and spontaneous using alpha-dynamic auto-suggestion.
- Relaxation, Positive Mental Attitude.
- Creating the right mental state for goal achieving
- Programming your goals into your subconscious mind.

The speaker is Distinguished Toastmaster Dr. Arulnathan. He is a leader in the Toastmasters movement and is a past District 51 Governor. He is also a medical doctor and a leader in many medical organisations in Malaysia. Besides medicine, he has a keen interest in the field of Mind Power Training and Neuro-linguistics programming.

Many people struggle with recalling almost anything but few would do anything about the problem. You can develop a super memory just by learning some simple techniques.

Learn to master remembering without memorizing:

- Your speeches in 10 minutes
- Text book information
- Names of people
- Retaining Vocabulary
- Learning a new language
- Numbers & Dates
- Long Numbers (10-20 digits)

