

Human Resources Development, Training & Consultancy

This Programme was specially prepared by Ajit & is a copyright of his work as well as work of other motivators & his skills have been obtained over 22 years of dedicated professional & personal service to his clients and from deep personal experiences. This facilitation can only be performed by an Advance Level Trained & Practicing Hypnotherapist as it involves language, tone & manner.

When There Is A Beginning, There Must Be An End;

When There Is An Effect, There Must Be A Cause;

When We Want Positive Change, We Must Change From Within...First!

Ajit Ludher

Introduction

Guidance is expected and actively sought for every facet of our lives: new appliances, games, computers and tools all come with an instruction booklet. We go to school to develop our mental abilities, we have training in how to care for our bodies with nutrition and exercise, we use maps for trips to new places and recipes for learning to cook new foods. In every area of our lives instructions, education and training are available and needed.

Without guidance, we could still make use of our minds, our bodies and the products, and we still might travel, but we would be clumsy and our experiences probably wouldn't be satisfactory, inspiring or fulfilling as they could be. We would be deprived of countless potential powers and possibilities.

Guidance- which, to be really effective requires Trainers, Teachers, Counselors, is also required for learning how to participate in and enjoy being human in satisfactory, inspiring and fulfilling ways...Without it, how could you know...?

Mankind is forever seeking for that which is already here..but for our lack of our own awareness, we cannot find it!

Power Programme Structure

Module 1- Knowing Your Truest Self (A self discovery journey within oneself)

(Two Full Days-Max 25 participants)

- Why Am I Here? (Plants & animals are free of this nagging question that plagues humans)
- What Your Purpose Is? (Comes with territory & creates some fascinating expressions of creativity)
- How To Use Your Life &” Humanness” To Create Happiness For Yourself & Others? (Depends on one’s limit on the definition of ‘others’ & themselves.)

Module 2- Mind Dynamics (Soft Skills)

(Two Full Days-Max 25 participants)

- Lifting Your Goals, Living Your Dream
- Believing In Yourself
- Removing Self Limiting Beliefs That You Are Carrying
- Our True Values
- Psychoanalysis

Module 3- Stress & Anger Management

(Two Full Days-Max 25 participants)

- Identifying Your Stress & Anger & Where Is It Coming From
- Strengthening Your Beliefs & Values
- Using Stress & Anger As A Spring Board To Stay Healthy, Calm & Be At Peace With Yourself Within Minutes
- Neuro-linguistic Programming

Module 4- Dynamic Sales Achievement

(Two Full Days-Max 25 participants)

- Harnessing The Power Of Attraction
- How To Use Your Creativity To Achieve Success & Maintain It
- Knowing What You Want In Life
- Focussing On The Now
- Improving Interpersonal Skills & Developing Client Relationship Using Your 5 Senses

Module 5- Relationship Building- (Team Spirit)

(Three Full Days-Preferably at a retreat)

- **Harnessing The Power Of Feeling & Comradeship**
- **Hypnoanalysis Of People & Understanding Their Values**
- **Uniting Thoughts & Actions For A Common Goal**
- **Understanding & Using The Power Of Compassion For A Common Good**

A Series of Mental & Visualization Exercises with Role Plays will be carried out during each module.

Course materials will be very limited as the participants will be working with their 5 & sometimes 6 senses with research on themselves which is only available within themselves & not on paper.

All the modules need to be completed in order for the participants and the company to achieve the following outcomes in total:

Outcomes

The Outcome of the 5 (Five) Modules are:

- ❖ **Participants will be able to project dynamism & confidence in themselves at all levels in life**
- ❖ **Participants will discover their true nature in their journey of life.**
- ❖ **Participants will be equipped with techniques for listening & effective delivery (verbal & non verbal communications) to enable them to achieve success on a personal & professional level**
- ❖ **Participants will be better able to understand the value of relationship with themselves & with others**
- ❖ **Working towards a common goal & vision of the company**

What the mind can conceive, It will achieve.

Ajit's Background & Credentials

Ajit is a qualified Hypnotherapist & Hypnoanalyst at an advanced level, dealing with curative & clinical therapy. He is recognised as an expert in his field & is a pioneer in this field for blending hypnotherapy, psychology, neuro- linguistics & hypnoanalysis to help his clients create positive, impactful & lasting changes in their personal & professional life.

Ajit has his own private practice – Ludher Hypnotherapy & Reiki Healing Clinic & is recognised by The Ministry Of Health as Alternative & Complementary Medical Therapist/Practitioner in Wisma Paradise, Jalan Ampang, Kuala Lumpur where he has successfully worked with professionals such as Doctors, Lawyers, Judges, Police Officers,

CEO's, Teachers, Banking Managers & Leaders in several Service Industries. He also has successfully worked with Students, Housewives, Nurses, and Individuals from various religious backgrounds.

Ajit is a Certified Trainer and Interventor for Critical Incident Stress Management: Group and Industrial Crisis Intervention, Individual Crisis Intervention and Peer Support as well as Trauma to Addictions Intervention from The University Of Maryland, Baltimore, U.S. as well as a member of The International Critical Incident Stress Foundation that worked on the 9/11 bombings, tsunamis, earthquakes amongst others throughout the world.

Ajit has conducted clinics in Papua New Guinea, East Timur & Indonesia focussing on his specially created modules in his personal capacity. He has also conducted motivational clinics for Paradise Group Of Companies, IMS Asia (MSC status), Ambersoft (MSC status), Corporate Individuals as well as for journalists from Bernama through Manna Mahn Consultancy & has been continuously sought by individuals who value his work.

He is recognised by The Royal Society Of British Hypnotherapist, American Council Of Hypnotist Examiners & The American Board Of Hypnotherapy as a Certified Advanced Clinical & Curative Hypnotherapist, Hypnoanalayst, Psychoanalayst, Presenter, Trainer, Motivator, Personal & Corporate Coach & Counselor.

Ajit is currently pursuing a degree in Applied Social Specialized Counselling Psychology from the Australian College Of Applied Psychology.

Ajit's mission & passion is to

Help People Help Themselves

Syncro-Power

Specialist in

Mind Dynamics, Motivation, Stress & Anger Management, Dynamic Sales & Relationship Building

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