

Manage your thoughts and time, reach the life you really want!

Introduction

In these times most people are complaining about not having enough time! What is time and how can I help it work for my own benefit and success? This workshop will help participants to set their goals, arrange their priorities, clear their minds and know the steps to walk towards the life that they really want.

Candidates will benefit from tools and techniques to increase Self-awareness, Self-Observation and mostly Self management.

Objectives

Leading Minds offers you a course where you will be able to:

- Set the goals you would like to reach
- Learn tools to get clarity and manage thoughts
- Review your way of looking at how you are managing your life
- Find out what really matters to you
- Boost your creativity and find your talents and the areas you want to work
- Get to know new effective tools, easy to apply, in daily life
- See, Plan, Decide, Do
- Mind and thoughts organization tools
- Relaxation techniques to reach clarity and motivation
- Take responsibility and be joyous
- Get motivated to start
- Tools that can help in reaching good time management

Duration: 1 Full Day

Methodology

Through interactive and hands on exercises, games, body movement and relaxation techniques, Candidates will benefit from new ways of looking at their lives and potential for change to manage their lives and time in a new way.

Who Should Attend?!

This workshop is designed to any person looking for self development and wants to make the best use of his/her current life events and live to his or her highest potential.

- People who wants to have a great experience of self care/love/development and personal growth.
- Company directors, managers, teachers, students, individuals, that want to boost their creativity in such a competitive and stressful world.
- Anyone that thinks that he or she doesn't have enough time to make the life they really want.

MEET YOUR COURSE DIRECTOR

NANCY ABDO

Nancy Abdo is a Well Being and Self development Consultant. She started her college studies at the University of London and continued at the Notre Dame University in Lebanon where she obtained her BS in Advertising and Marketing in 1998.

She has worked with international TV and radio stations, Production Houses and Advertising Agencies. She was the Creative Producer at BBDO in 2000, the regional TV producer for P&G at Leo Burnett in 2003, the Head of TV production of TBWA in 2006.

After 14 years in the field of Media and Marketing and after a visit to India in 2004, Nancy decided to have a career shift where she started an exciting journey in discovering, learning about and developing the wellness of people.

Today all her work is focused on Mental, Emotional, Physical and Energetic Balance. She is also a Trainer, Consultant and a Coach for executives in the following areas:

- Time & Stress Management (to reach Balance in daily life)
- Communication Skills (Communication & Body language)
- NLP (Neuro-linguistic programming: Inner and outer communication)
- Mind mapping (for goals achieving and mind organization)
- Self-management & Self-awareness (working on physical, emotional, mental, energetic and spiritual aspects)

Nancy loves travelling and lived in Lebanon, KSA, Dubai, UK, Egypt, Italy, Mexico, Dominican Republic, Italy, Bahrain, India, Holland and Sweden. She speaks 5 languages and finds it fascinating to work with people from all over the world. She is now based between Sweden and Lebanon.

For her, without Balance, clarity and Relaxation no healthy goals can be reached. Her favorite slogan is: ***"Do the best with what you have!"***