



TRAINING & DEVELOPMENT HOUSE

NFNLP Certification | **Coaching** | Personal Counselling
Parent Counselling | **Corporate Training** | In-house Training

 www.yesican.ind.in



Yes! I Can, Changing Lives....

The moment you say Yes! I Can to any challenges you face, it opens up a window in your mind and heart, and energizes you to go forward and open the doors of **self-belief** and **self-realization**.

Yes! I Can Training and Development House salutes your spirit of accepting the challenge and helps you to embark on a journey from **finding yourself** to **creating yourself** in a very **intense** yet **fun-loving** way. It enhances your **capacity to embrace** the unknown; **act in spite of fear** and makes you go for **your dreams**, gives you **courage to explore** new things, **choose happiness** and **experience fulfillment**. With already proven Neuro Linguistic Programming techniques, positive and purposeful affirmations and with powerful meditation and visualization, the course has been designed in such a way that it gives plethora of opportunities to learn and imbibe the changes. The trainings are designed keeping in mind the importance of **whole brain training**, which in turn help you use your emotional brain as well as logical brain in synchronization to **achieve** your **peak performance** personally as well as professionally.

PROFILE

Veenu Shivdasani is a Trainer & Coach since 2005. With a Masters in Commerce, and Diploma in Human Resource Development, she is a Certified Trainer in Neuro Linguistic Programming (NLP) from National Federation of Neuro Linguistic Psychology (NFNLP-US); and a Certified Coach from Grow More Avenue (ACSTH-ICF). She has also done Certification course in Applied Mahayana Buddhist Psychology and Ethics.

Mother Teresa once said very beautifully "I alone cannot change the world, but I can cast a stone across the water to create many ripples".

I believe we all have the potential and excellence to create many ripples to make this world a positive and vibrant place to be.

Veenu Shivdasani

Founder of YES! I CAN
Certified Trainer & Coach
Affiliated with National Federation of
Neuro Linguistic Psychology (USA)



TRAINING MODULES

1. NEURO LINGUISTIC PROGRAMMING (NLP) - BASIC PRACTITIONERS CERTIFICATION WORKSHOP

- Introduction to NLP
- Sensory Acuity & Rapport
- Behaviour Transfer & Role Modelling
- Eliminating Fears & Phobias
- Building Self-Appreciation and love and much more

2. COACHING : (EXECUTIVE, BUSINESS, LIFE, CAREER)

- Unleash the best in you
- Understand the roadblocks
- Set SMART Goals
- Own up to your responsibilities and actions

3. EFFECTIVE COMMUNICATION & PRESENTATION SKILLS

- Your Attitude Counts; ASK Principle of Success
- Importance of the Conscious & Sub-Conscious Mind
- Converting 'I Can't' into 'I CAN'
- Rapport Building
- Role Modelling
- Visualization & Meditation

4. SELF ESTEEM & ASSERTIVENESS

- Feel Good About Yourself
- Implication Of Having Low Self-Esteem
- Nobody Can Make You Feel Inferior Without Your Consent
- Assertive Behavior, Affirmation For Work, Affirmation For Life, Developing Self-Appreciation
- Dealing with difficult people

5. STRESS MANAGEMENT, TIME MANAGEMENT & GOAL SETTING

- Make stress your Friend
- Planning & Prioritization
- Smart Goals
- Techniques for work life balance
- Power of Visualisation

6. LEADERSHIP & TEAM WORK

- Road map from being a Favourite Team Member to a Popular Leader
- Leadership Theory - 4 Phase theory
 - Acknowledging and appreciating others
 - Blaming others
 - Focusing on the job well done
 - Excellence all around
- Acknowledging the Power Within - Internal Resourcefulness trigger

*We also do customised trainings as per the client requirements

CLIENTS



TESTIMONIALS

I attended an organizational training program with Veenu in 2006. It was an ice-breaking experience towards personal and professional development. Veenu followed focused workshop activities to bring out the best out of team and individuals using NLP. I had first-hand experience to learn new skills at personality development. Veenu has strong interpersonal skills and swift approach in analyzing the strengths and leveraging them to help progress the individuals. I have known her for over a decade now. Also have had opportunities to involve her in helping my teams improve their results enabling good progress at projects I managed. I recommend Veenu as Coach and Trainer who can help transform you. I wish Veenu and "Yes I Can..." best of their efforts with lots of blessings and support.

- Anand Patwa, Executive Director, Ashwath Technosys

"I was really fortunate to attend the 5 days NLP training conducted by Veenu Shivdasani. Various NLP sessions conducted by Veenu helped me to remove my limiting beliefs (mind barriers) and helped to focus on my strengths, goals, improve communication and build roadmap for future. NLP taught that all resources to succeed in life, enrich and enjoy life are already within me and it is just matter of mobilizing them. This understanding was transformational and now NLP has become part of my life. As a trainer, Veenu has deep understanding of this subject and is full of energy. She makes you feel relaxed and keeps it very interactive. I would surely recommend NLP Training and Veenu."

- Ashish Joshi, Director, Enterprise Shared Services, Saama Technologies

It gives me immense satisfaction to write the below testimonial."We are amazed by the way Veenu guided, mentored and motivated us throughout our one day training on communication, rapport & Team building. Besides training on topics, Veenu also guided us on life coaching & value system. We being a team had a wonderful experience where every one of us learnt a new view of accepting life in an affirmative direction and enjoying it to the fullest. This was a great platform for us to connect within. The interaction of each of us has increased and is ultimately going to lead us towards individual progress and company's growth. Team activity made us more comfortable to know each other's strengths & weaknesses and still able to deliver results. We will repeat such training events to grow Output Consulting exponentially."

- Jayant Malwadkar, Founder & Partner, Output Consultancy Services

Say **YES! I Can**, and be the one to create many ripples.....