

Setting Your Children Up For Success

A brief glance at your child school curriculum will reveal how much emphasis is placed on academics. Little effort is made to focus on quintessential skills of self-confidence; communication and above all self-management, which are traits, if correctly fostered that are able to reap great benefits above the over-induced need to achieve academic excellence at a tender age.

Neuro Linguistic Programming (NLP), simply put is the process of continued communication that takes place, essentially by way of thoughts or words that have a direct relation towards behavioral patterns. NLP techniques are used globally as an effective tool for developing behavioral flexibility and competence in both adults and children. In essence, NLP describes the dynamics between the mind and language, and how that connection affects the body and behavior and has proven to help build confidence in children, overcome anxiety while also helping them manage stress, reduce guilt, and minimize those fearful thoughts that make them reluctant to take up the opportunity to soar

All healthy children absorb information from their surroundings, from the moment they are born through to their adulthood. They will make far better progress if they are introduced to simple aids that assist them in learning such as visualization skills, memory techniques, and self-awareness tools.

NLP training for children by Sensei International

Sensei International has designed and conducts “WINNING EDGE FOR CHILDREN – through Neuro Linguistic Programming [NLP]” a training especially designed and focused on children. WINNING EDGE FOR CHILDREN is a two-day interactive experience designed to train children [8 – 12 years of age] on numerous NLP techniques that better enables them to meet the challenges of their lives. It is a personalized delivery where children are allowed to learn at their own pace and apply it to the environment that they live in a fun and engaging style.

Through following WINNING EDGE FOR CHILDREN, participants will learn simple NLP techniques including projecting confidence, self-awareness, positive affirmation, self-discipline, memory techniques, generosity and gratitude to name but a few.

In particular participants will receive the benefit of managing emotions, confidence and self-esteem. They will learn how to accelerate learning and memory, acquire excellent communication skills and overcome challenges one may face.

WINNING EDGE FOR CHILDREN; tried, tested and true

We were recently able to touch base with some of the participants who have trained under the WINNING EDGE FOR CHILDREN programme over a decade ago.

The following includes a succinct account of the experience by one of the participants; 23-year-old Natasha De Silva who took part in Winning Edge conducted by Sensei at the pliable age of 10. She is currently a Final Year student reading for her Masters in International Politics and Human Rights at City University London.

“I started my NLP journey when I took part in ‘Winning Edge’ for Children when I was around 10 years old. I truly believe that the tools that I learnt through these programs have helped me reach the place I am today. From excelling in school with tools such as mind mapping and memory techniques to having a clear cut purpose, and goals that will help me reach my purpose has really helped me stay focused and bring me to the point in life I am today.

My purpose was and is to be a world-renowned journalists and, slowly but surely I’m getting there. I graduated with a 1st Class Honours degree in Journalism and Media and was awarded Best Student Journalist in the United



Natasha De Silva reporting at Coventry University

Kingdom in 2012 and currently completing my masters. I believe that the various tools that I learnt in the playshop is, somehow, subconsciously inbuilt in me, and that is why I do my best and excel in everything I put my hand to. It has really taught me to live my life to its fullest potential and not forgetting that it was two of the most fun days I have had with kids my own age”

For children, changing their mental map can help in how they perceive themselves and how they interpret the world around them. Imagine if your child had an increased level of confidence and self esteem. Both your child and your entire family would lead happier, more fulfilled lives with increasing confidence.

Anxiety and stress in children is common today given the challenging schedules they have to keep up with. However, there are proven techniques that can help your child lead a productive, happy life, NLP is one that should be considered.

More details in: <http://www.ranjandesilva.net> [Events].