

# SELF HYPNOSIS WORKSHOP



"Everything is created twice,  
once in the mind and once in reality"



ACADEMY OF  
HUMAN  
EXCELLENCE



*Presents*

## OBJECTIVE OF THE WORKSHOP

Learn & understand how to program your Mind

Learn how to place Positive suggestions

Discover & Channel the power and potential within you.

## WHO SHOULD ATTEND

STUDENTS | YOUNGSTERS | ADULTS

## AGE GROUP:

Self Hypnosis: 14Yrs & Above

DMIT & Personality Analysis 14yrs & Above

## METHODOLOGY:

CLASSROOM Training & Counselling

## DURATION

\*3 hrs workshop

\*One-One attention.

\*Follow up sessions

## MASTER YOUR MIND & BRAIN WORKSHOP

- Understand the scientific working of the mind.
- Understand the scientific working of the Brain.
- Improve, Concentration, Focus on Studies, Sports.
- Set SMART goals & create a positive future.
- Become aware of the dormant & unlimited power inside you.

DISC  
PERSONALITY TYPE



PSYCHOLOGICAL  
ASSESSMENTS



DERMATOGLYPHICS  
Multiple Intelligence Test



The workshop also helps you to understand and avoid any Psychological disorders such as Fear, phobia, anxiety, tension, nervousness, confusion, stress, guilt, obsession & illness, Anger, ADD, ADHD and more.

Academy of Human Excellence  
(Mental Health Wellness Centre & Research Foundation)

Offices: Hyderabad Tirupati Nashik

Pan India: Delhi | Mumbai | Pune

FOR REGISTRATIONS, WORKSHOP SCHEDULES CALL, THERAPIES Tel: +91 9949957979. +91 9032565949  
PLEASE WRITE TO [aoheinfo@gmail.com](mailto:aoheinfo@gmail.com) . website: [www.aohe.in](http://www.aohe.in).