



# DorisNLP

Where People are the Heart of the Matter



## Emotional Intelligence & NLP Certification Training

*2 day Foundation or  
5 day Practitioner*

**Are your emotions running you?  
Learn to run your emotions.**



**Emotions are powerful forces that drive us  
and determine how we interact and perform.  
They are a major element for our decision-making  
and of how we motivate ourselves and others.**

**Free yourself from any misery!**

**Transform**

*Anger, Stress & Fear, Dependencies & Relationships Issues  
through powerful NLP hands-on tools.*

**Learn how to have more joy, laughter and happiness in your life!**



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**Enrich Personal & Professional Excellence**

## Program Overview

- 2-day Foundation Level  
(The 2-day can be applied towards the 5-day certification.)
- 5-day Practitioner of Emotional Intelligence NLP
- 5-day Master of Emotional Intelligence NLP

### What will you gain v

#### Program Objectives & Benefits:

- A thorough Emotional Quotient Skill Test in Four Segments
  - Track yourself on these skills in a measurable and continuous way
- Pinpoint and understand emotions from the heart
- Distinguish between natural emotions and out-of-place emotions
- Transform resistance into assistance
  - Its not the emotion itself but the relationships to the emotion that matters
- Emotion Yoga
  - Step In, Step Out
- It's all about: Where is Your Focus?





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## Program Objectives & Benefits: *(Continued)*

- Learn the knack of consciously shifting your focus from emotions to reality
- What is an assumption or judgement, and what are facts?
  - Uncover the hidden cues in emotional sticky language
- Our Masks – Our Truth
  - The Emotional Layer Diagram. NLP de-conditioning & adaptation techniques
- Truthfully identify and express emotional boundaries
  - The Emotional Health Model
- Assertiveness and Compassion
  - Finally say what you always wanted to say through a magical success pattern
- Reverse Stimulus Response
  - Apply Strategies to overcome specific addictions and old habits
- Successfully Cure Fear, Anxiety and Phobia
  - Receive the key to unhook and rewind these patterns for your greater inner freedom
- The Happiness Booster
  - Draw a rainbow of emotions you wish to feel more
- Remove emotional charge from interactions
  - Strengthen an Inner Neutral Place
- Overcome the dilemma of duality
  - Solve inner and outer conflict
- Your Evolved You
  - Boost your true self and future through a Sculpting Technique
- The Laughter Meditation
  - Laughing helps more often than not. Laughing creates healing in many ways.



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- The Five Keys for Emotional Intelligence
  - Hold five keys in your hand to unlock the secret of emotions forever

## More details on Objectives

See DorisNLP [website](#).

## For Whom?

- Trainers, Coaches, Counselors, Therapists
- Teachers, Lawyers, Customer Service or Sales Reps and anyone who works with people
- People who want to enhance their

self-development and wish to increase happiness

## This program offers:

- A well-travelled and proven pathway to develop who you truly are and learn how to facilitate the same in others
- Addressing emotions in a way that no other NLP training does. This is the most dynamic, engaging and out of the box program in India
- Access to the knowledge of your trainer's 30yrs+ vast experience in working with people from her heart and the application of NLP within coaching, therapy, self-





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development and meditation

- Improv theater, creative multi-sensory and body-oriented learning styles and the power of emotional engagement's positive effects on interactions

Emotional Intelligence NLP is a unique merger of the two domains, emotions and NLP. It builds the ability to feel the richness of emotions and at the same time applying NLP's power to facilitate change quickly, powerfully and long-lastingly. We are committed

to measurable outcomes. We produce specific training results verified by using skill and self-assessment tests. Our EQ Skill Test goes beyond anything you have experienced. It assists you to raise your EQ (emotional quotient, see below).

It is important to us that you can bathe in safety, trust and cooperation. There will never be a boring moment in the training room. We are committed to supporting each other's processes together with creativity, inspiration





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and fun.

Our greatest passion is to help people become masters of their emotions and inner processes and so contribute to a world with more respect, love and peace.

## More about the Trainer

Dr. A. Doris Greenwood (ND & cDr. A. Doris Greenwood is recognized for her caring, integrity and in-depth knowledge, and for the joy she brings to the training environment. She is the only certified and certifying Master Trainer in India of the highly regarded international Society of NLP. Dr. A. Doris Greenwood has more than 33 years of experience working with people in the field of



personal, emotional and spiritual development. She is a Naturopathic Doctor and counselor from Germany, a Master in Hypnotherapy and holds numerous certifications in therapy, trauma release, Reichian bodywork and coaching.

She spent more than two decades guiding primal therapy, childhood de-conditioning and Reichian and Lowen Bioenergy and is an expert working with trauma, sexual abuse and addictions.

Dr. Doris is also a corporate trainer and sales expert. She believes that the essence of business success lies in the power of handling emotions and improving relationships through communication. Dr. Doris' trainings are highly interactive, engaging and inspirational. Once in the training room - she is committed to You.

## Why is Emotional Intelligence important?

### One: Quality of Life & Professionalism

Many people today experience that stress or anxiety dominate their daily experiences. Frustration and sadness



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can easily take over. Limiting or troublesome emotions are hindering our performance, productivity and our life's quality.

Many of our un-reflected or even destructive behaviors seem to be triggered automatically as if "no choice". We then regret what we say or do and have unresourceful interactions, even conflict. How much time, momentum and money, may we lose this way every day? The consequences on our moods, affects on others and on professional performance is tremendous.

Don't we wish to overcome those traps?

## Two: Raise your EQ

It is not people with high IQs

(Intellectual Quotient) that are the most successful or the most fulfilled in life. Research today shows that academic brilliance and intellectual intelligence (IQ) are not enough any more to be successful in life. People who are happy and accomplish what they want, and effective leaders who demonstrate outstanding performance and receive high-grade feedback have a high EQ (Emotional Quotient).

## Three: Medical Success

Medical research has shown that holding back emotions may be a precursor for many illnesses and addictions. The inability to deal with emotions can have





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terrible consequences on our stress levels, nervous system, chemical balances and on our sleep. It also more or less directly affects the health of our sensory systems, our heart and our organs. More and more research shows how expressing emotions and feeling “the good” emotions increases overall health.

The world evolves when our consciousness and skill levels evolve.

Emotional Intelligence NLP Practitioners are the conduits for a more happy, productive and peaceful world.

## Certification

The Practitioner of Emotional Intelligence & NLP from Conscious Solutions & The NLP Association International. Includes a complete Manual with practical applications (~ 150 pages), available at that time. Applies toward EI Master certification (5-days) and upon additional task toward NLP Master certification days).

## Next Step

The Emotional Intelligence & NLP Practitioner certification qualifies you both, for the NLP Master or EI Master certification training. Before entering into the NLP Master review of language models is requested.







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## NLP Master & NLP Master Coach

is a 12-day training in two parts. You will receive NLP Master is a 12-day training in two parts. You will receive NLP Master Practitioner or NLP Master Practitioner & NLP Master Coach certification through the Society of NLP.

## Master of Emotional Intelligence

The next step after your Emotional Intelligence & NLP Practitioner is a 5-Day Emotional Intelligence Master. This training will make you a true master of emotions. It equips you with the skills to help others using the EI skills learned in the Practitioner.

## Registration & Logistics

### Four Bonuses

**Bonus #1:** This training includes a thorough Emotional Quotient Skill Test in Three Segments.

**Bonus #2:** This Practitioner of Emotional Intelligence NLP certification qualifies for the NLP Master Track from DorisNLP and the Society of NLP.

**Bonus #3:** Taking this training gives you actually two trainings, as you can re-take it for free at any time in the future (for only logistical costs).

**Bonus #4:** You will be supported by a strong team of people who have been certified and have their own NLP business. Together we provide you with five decades of experience in the field of NLP. Enjoy accelerated learning through kinesthetic styles, visual aids, video and sound feedback techniques that are interactive, fun and excel memorization.

## Investment Details

Rs. 35,000/-

Includes certification, a complete Manual with practical applications (~ 150 pages), available at that time, lunch and snacks.

**Ask for 10% Early Bird enrolment**

**or our Gold Coupon**

Deposit of Rs 5,000/- required at time of enrollment. See detailed refund policy and legal conditions in the registration form.

**Bank Name:** Canara Bank, Branch: Candolim Goa

**Name:** Arpana Doris Greenwood

**Savings Account:** # 0263104017647

**Routing:** 411015015

**Swift or IFSC:** CNRB0000263

**Cheque to:** Dr. A. Doris Greenwood c/o De'Souza, #859, Villa Garden, Camotim Vaddo, Candolim, Bardez 403515, Goa, India

We are committed for you to get most out of this training investment and to be fair and inclusive of your needs as well as efficient with your time and money.



We invite you to this opportunity. Take your first step!

**Register to secure your seat at [www.DorisNLP.com](http://www.DorisNLP.com) or call**

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