

AIM:-

The training module is designed to promote strategies for personality enrichment. The rationale behind this endeavor is the recognition of multifaceted positive attributes of each individual.

OBJECTIVE:-

This programme intends to bring about positive change with regard to the different behavioral dimensions that have far reaching significance for the participants.

Open discussion forums in public interest:

Session I

Life of my dreams

Session II

Psychology of Winning & Achievement.

Session III

FAILURE: In MIND or in REALITY

Session IV

What brings you success: The MEANING that you give
All about...Beliefs, Beliefs, Beliefs.....

Session V

Living Your Dreams.



Co-ordinator for workshop: Mr. John Victor, Clinical Psychologist, Vimhans

For Information / Clarification please use:-

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OPEN DISCUSSION GROUPS

Monthly Interactive Workshops

ON PERSONALITY RE-ENGINEERING

(Series Highlighting Issues Affecting our Everyday lives)



**Vidyasagar Institute for
Mental Health Neuro & Allied sciences**

Organized by: SCHOOL OF MENTAL HEALTH

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" If one sees personality not as an apparatus that is constructed throughout childhood, but as an always developing entity - then life at 25 or 30 (gateway to middle age) will stimulate its own intrigue, surprise, and exhilaration of discovery"

-Erik H Erickson

"If... Goal Setting, Positive Thinking, Daily Affirmations, Self Talk, Dream Building, Visualization, Chanting, Fire Walking and Every Other "Technique" Self Help Gurus Preach Actually Worked...Then why are they failing miserably for you?"

Just think about this for a minute.....

If all these techniques worked like the success gurus claim, everyone would have what they want... **but they don't**. They promise you their techniques will lead you out of the desert of mediocrity or failure to the promised oasis of success. "Then why are these techniques failing for 95 to 98% of the people in the world?"

WARNING:

Do not buy another self-help book, or register for a seminar or a "Fire Walking Weekend" or sign up for so called "How to be Successful"/ "Motivational Enhancement Workshops"/ "Coaching" until you have read the contents of this leaflet.

Dear Friend, WHAT DO YOU THINK THE REASON MUST BE?

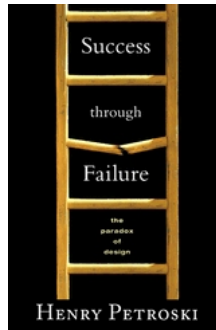
Myth - Goal Setting

When you look at your list of goals you wrote down on a piece of paper **and 8 out of 10 of them did NOT happen, how do you feel about you?**

Thousands of people describe how they feel with statements like "I feel like a failure", "I feel bad." "I must not have what it takes." "What's wrong with me?" **I never hear any positive comments.**

Have you ever succeeded at something that you did NOT write down on your goal list?

Of course you have. Everyone has and does daily. Most of the things you accomplish, probably the most important "successes" in your life, were NEVER written down on a "goal list".



Myth - Daily Affirmations

Have you ever recited daily affirmations like "I earn Rs. Xxx,xxx a year " or "I am happily married" or "I am debt free" and put them in places (your bathroom mirror, refrigerator, the steering wheel of your car) where you can see and read them all the time? How many of them became a reality?

Do you like people to lie to you?

Of course not. No one does.



Then why is it acceptable to lie to yourself?

That is exactly what affirmations are all about. Saying things that simply are not true in an attempt to convince your brain to accept them so you will do the things it takes to get what you are affirming.

By not dealing with the truth you will instantly be on the wrong path and failure is a foregone conclusion. 2 +2 is never 5, no matter how many

times you say it. The truth will, indeed, make you free. But you have to know it first. Affirmations cannot and do not make you successful.

Myth - Visualizations

Just like affirmations, visualizing the end result you desire makes you feel good because you have been told this is a critical key to success so you do it faithfully.

Ask yourself this question, "Did it work?"

Did your income increase by 1,000 a month? Did you lose the weight? Again, the answer is almost always, "No".

But, have you ever gotten something without doing daily affirmations and visualization? Of course you have.

What did people do to accomplish great things and achieve the results they wanted before the success and personal development movement started in the 1900s?

Now, this is important... it was NOT the technique but their drive from within that drove them to do, and become, what was needed to get the desired result.