

LEADERSHIP THROUGH NLP: A GUEST LECTURE THAT EMPOWERED STUDENTS OF LOYOLA KAUSHAL KENDRA



A Guest Lecture on Neuro-Linguistic Programming (NLP) Leadership Skills conducted by Loyola KAUSHAL Kendra Department on 25th July 2019 was an empowering session. Conducted exclusively for 19UAN & UDJ batches, Anto Gerald, Counsellor who delivered the Guest Lecture taught students leadership skills: the ones which could make someone lead themselves and also the people around them. The qualities of leadership arise from within –our mind; Our conscious! One who leads himself is already a leader. Hence, everyone is a leader.

MIND FIXATION

They are nothing but the self -imposed limitations and images of us into powerful thoughts. It builds up negative and unreal boundaries.

Our minds are divided as, Conscious, Sub-conscious and Unconscious. Conscious & sub-conscious minds can't control the unconscious mind but unconscious mind could do so. Our unconscious mind reveals what kind of personality we are. Hence, it is very powerful. Until the age of 8, we tend to believe and take in everything that is said to us. There would be no filters for the information & emotions that we are given. Everything gets settled up in the way it is put into us. After the age of 8, we develop Conscious Critical Filter (CCF) & Sub-conscious Critical Filter (SCF) which lets things that we understand.

The CCF stores, filters the likes & dislikes and also accepts or rejects the information.

“Train your mind for what you want to be.”

The SCF strengthens the co-related happenings in the past. When the conscious mind is assigned with work, the subconscious mind always plays the role of conscious mind. And when the conscious mind is shut down i.e. while sleeping, the memory or the thought in the subconscious mind finds its way to reach the unconscious mind.

This causes us to develop a strong emotion within us. It isn't that easy to delete it from unconscious mind.

THE REASONS BEHIND DEPRESSION

It is the over imposed feel that puts someone to feel low & unloved. This is caused by the harsh handling of children at their young age. After the age of 8, the punishments or the corrections imposed won't make much impact to feel low about themselves. Whereas, if they had been harshly handled at young age, it could really make a huge impact of losing the quality of self-love. Suppressed emotions are dangerous. They get settled up in the unconscious mind driving us to commit mistake unknowingly. On the whole, the session helped students grow personally and professionally. - By Sushmitha, 9UAN



REVERSAL MESSAGES

~~DON'T~~ BE YOU
~~DON'T~~ BE A CHILD
~~DON'T~~ GROW UP
~~DON'T~~ TRUST
~~DON'T~~ THINK
~~DON'T~~ BE IMPORTANT
~~DON'T~~ SHOW YOUR FEELING
~~DON'T~~ HAVE YOUR FEELING
~~DON'T~~ BE SANE
~~DON'T~~ ENJOY

True qualities of a leader

- ▶ **Honesty & Integrity** (being true to ourselves; which depends upon one's attitude)
- ▶ **Confidence** (self-trust)
- ▶ **Inspiring others** (impressing others. A quality that develops friendship)
- ▶ **Commitment & Passion** (commitment is something that is assigned to us irrespective of our liking & passion. It is something that remains inside us as a burning desire)
- ▶ **Good communication.** (gesture & body language speak more than verbal communication)
- ▶ **Decision making capability.** (taking a step to lead towards our goal)
- ▶ **Accountability** (responsibility)
- ▶ **Delegation & Empowerment.** (delegation defines human -dependency, sociability & empowerment means motivation)
- ▶ **Creativity & Innovation.** (Do something new & being able to develop it).