

TRAIN YOUR BRAIN - CERTIFICATION PROGRAM

Program Duration

3 Months | Saturdays Classes | 3:00PM - 5:00PM

Course Fee

- **Installments:** PKR 9,000 per month
- **One-Time Payment:** PKR 25,000

TRAINER

Syed Muhammad Qadeer ul Haque (S.M. Qadeer)

Hypnosis, CBT, DBT Practitioner | Master Trainer | Transformational Personality Coach

Certificating Bodies

- **Skill Development Council Karachi (SDC)**
A Project of the Ministry of Federal Education & Professional Training, Government of Pakistan
- **AASAAN CAREER – The Institute of Mind Sciences and Personal Development**

Course Benefits:

1. **Enhance mental clarity** and focus through mind sciences
2. **Understand and balance your energy systems** (chakras & auras)
3. **Build confidence and self-mastery** to overcome hesitation and self-doubt
4. **Develop public speaking and communication skills** with voice, pitch, and presentation
5. **Gain practical tools for stress management** and mental discipline

Course Outline:

Module 1: Understanding the Brain & Mind Sciences <ul style="list-style-type: none">• Introduction to Brain Functioning• Conscious vs Subconscious Mind• Thought Patterns & Mental Conditioning• Power of Focus, Intention, and Awareness	Module 2: Energy Awareness, Chakras & Auras <ul style="list-style-type: none">• Understanding the 7 Chakras• How Chakras Become Imbalanced• Learning to Balance You Chakras & Aura• Chakra Balance & Its Impact on Confidence
Module 3: Emotional Intelligence & Mental Control <ul style="list-style-type: none">• Managing Emotions Effectively• Stress, Fear & Anxiety Control Techniques• Developing Emotional Stability• Mindfulness & Mental Discipline Practices	Module 4: Confidence & Self-Mastery <ul style="list-style-type: none">• Building Inner Confidence• Overcoming Self-Doubt & Limiting Beliefs• Self-Image & Personal Power• Developing a Growth Mindset
Module 5: Public Speaking Fundamentals <ul style="list-style-type: none">• Foundations of Effective Public Speaking• Audience Psychology• Structuring Powerful Messages• Body Language & Stage Presence	Module 6: Voice, Pitch & Vocal Impact <ul style="list-style-type: none">• Voice Awareness & Control• Pitch, Tone & Modulation• Breath Control for Speaking• Voice Confidence Exercises
Module 7: Communication Excellence <ul style="list-style-type: none">• Verbal & Non-Verbal Communication• Clarity, Fluency & Expression• Art of Influence & Impactful Speaking• Handling Questions & Objections	Module 8: Personality & Presence Development <ul style="list-style-type: none">• Professional & Personal Presence• Attitude, Grooming & Confidence• Leadership Communication Skills• First Impression Mastery
Module 9: Practical Applications & Live Practice <ul style="list-style-type: none">• Guided Speaking Sessions• Group Activities & Role Plays• Confidence-Building Challenges• Real-Time Feedback & Improvement	Module 10: Integration, Assessment & Certification <ul style="list-style-type: none">• Review & Integration of Learning• Final Practical Assessment• Personal Action Plan• Certification Ceremony