

Self Enhancement I: Whole-person Business development program with NEP/EQ

Connexion Psychological Practice Ltd

What is Whole-person Business development program with NEP/EQ?

Neuro Ear Programming is a course which integrates neuro-anatomy, shows how the brain functions and the theory of emotion aiming to improve one's ability and confidence and create life changing experiences. This course includes four modules: the first two modules address the brain functioning, how to integrate and maintain a balance between the left and right brain, setting goals to improve one's ability through the activities such as brain exercises, balancing hemispheric functioning as well as the application of NEP (Neuro Ear Programming), the creation of Dr. Tomatis who was a French Ear, Nose and Throat Specialist. He discovered that listening problems are the root cause of many learning difficulties. Through filtered music, NEP can help to stimulate the central nervous system and improve the sensory integration system. These two modules help to improve one's ability to read, increase energy level, reduce anxiety and worries, increase initiation, self discipline, openness to people and ability to communicate.

Modules three and four aim at helping to increase one's awareness of one's emotions, defense mechanism, ways to avoid painful emotions and style of interpersonal communication patterns. These two modules will improve your ability to regulate and manage your emotions, improve EQ and interpersonal relationship as well as setting healthy boundary and be able to relate to people from different interpersonal patterns.

The format of this course includes lectures, DVD video presentation, small group discussions and practices, role play, interactive sharing and feedback, and assessments.

Application of this program

- Interpersonal communication
- Emotional and personal healing
- Business and staff management
- Education and learning
- Personal growth
- Marriage and family relationship
- Parenting
- Cognitive problem-solving ability

Target Audience

Who is suitable for this program? One of the advantages of this program is that it is suitable for people from all walks of life regardless of their educational levels. This list of professions can include but not limited to CEOs, management, sales and marketing, PR, trainers, coach, education workers, therapists, social worker, parents, pastors and personnel etc.

Benefits from this program:

This program can improve yourself and interpersonal relationships:

Improve yourself

- Increase self awareness especially your unconscious side
- Increase flexibility
- Increase EQ
- Improve ability to express yourself
- Reduce negative or nervous emotions
- Increase self discipline
- Improve ability to read
- Increase self confidence
- Setting up and achieving goals
- Utilize your potential

Improve interpersonal relationships:

- Increase acceptance and openness to people
- Increase ability to understand others' emotions and behavior
- Increase your ability to influence others
- Improve management ability



This program aims at those who wishes to experience substantial changes in their lives as well as to apply what they learn from this course into their personal life and work as well as fully utilize their potential

Language conducted:

English

Speaker:

Dr. Katherine Kot specializes in psychological assessment, individual, marriage and family therapy. She has worked extensively with Children, adolescents and adults who suffer from depression, anxiety, death and losses, marital conflicts, family problems and spiritual issues. She has completed the certified training in Eye Movement Desensitization and Reprocessing and is specialized in treatment of trauma, phobia, sexual abuse and anxiety. Being a Registered Psychologist by profession and a Marriage & Family Therapist, Dr KOT is well experienced in consulting problems in relation to marriage and family disputes for professional executives and apart from being a visitation lecturer and supervisor.

Sabrina M Y Koh receives her Bachelor and Master degrees in Neuropsychology from the U.K. She is specialized in neuropsychological assessments, evaluations and treatment for children and adults who suffer from ADHD, learning disabilities, brain impairment, head injuries, depression, anxiety, dementia, and other developmental issues. She also conducts assessments for legal proceedings which include testing of memory skills, language, attention, motor skills, intelligence, visuospatial ability, planning and organization, and various other neuropsychological functions.

	Free Introductory workshop	1.5hrs	Feb 6,2010	4:00-5:30pm
Program Outline: Four Modules			Intensive program	
Module 1	Development and Acquisition of Learning	3.5 hrs	Mar 6, 2010	9:30-1pm

7 hrs	skills at work Brain activities	3.5 hrs	Mar 6, 2010	2:30-6:00pm
9 hrs	Development of Listening and receptive skills Setting Goals for career	3 hrs	Mar 6, 2010	7:00-10:00pm
		3 hrs	Mar 7, 2010	9:30-12:30pm
		3 hrs	Mar 7, 2010	2:00-5:00pm
30 hrs	Practical component-listening program with NEP* (2 hrs per day for a consecutive of 15 days)	30 hrs	Any date by appointment	Any time by appointment
9.5 hrs	Development of Emotion Management Skills Lecture #1 DVD Lecture 1 Q & A Small group #1 Lecture #2 Small group# 2	2 hrs	Mar 7, 2010	7:00-9:00pm
		1. hr	Mar 20, 2010	9:30-10:30am
		2.5. hrs	Mar 20, 2010	10:30-1:00pm
		2 hrs	Mar 20, 2010	2:30-4:30pm
		2 hrs	Mar 20, 2010	4:30-6:30pm
10 hrs	Development of Interpersonal Skills Lecture #3 Small group #3 Lecture# 4	2.5 hrs	Mar 20, 2010	7:30-10:00 pm
		3.5 hrs	Mar 21, 2010	9:30-1:00pm
		2 hrs	Mar 21, 2010	2:00-3:00pm
	Group sharing and Feedback	2 hrs	Mar 21, 2010	3:00-5:00pm

*NEP is a 60 hrs program and we highly recommend participants to enroll another 30 hrs one month after the first 30 hrs program


Assessment and assignment:

Pre and post questionnaire	1.5 hr
Reading and complete worksheet:	28.75 hrs
Home play (10 mins per day 3x per week total 12 x)	2 hrs
Pre and post test	2.25 hrs

34.5 hrs

TOTAL COURSE: 100 hrs

Course Content

<p>Module 1: Development and Acquisition of Learning skills at work</p> <ul style="list-style-type: none"> ● Brief overview of Brain functioning ● Enhance visual perceptual ability ● Enhance memory ● Improve communication skills ● Enhance thinking and problem solving skills ● Increase attention and concentration capacity ● Enhance creativity ● Increase awareness and emotion release ● Reduce stress ● Continuous home-play 	<p>Module 2: Development of Listening and receptive skills</p> <ul style="list-style-type: none"> ● Learning difficulties at workplace. ● Enhancement of listening and receptive skills ● Impression Management Skills working on the Motor and Sensory integration skills ● Setting Goal for Career ● Presentation exercise ● Continuous home-play
<p>Module 3: Development of Emotion Management Skills</p> <ul style="list-style-type: none"> ● Stress management: Functions of Emotion How emotion operates in the brain Types of emotions ● Emotion management Memory of emotional experiences Defense Mechanism Emotion regulation techniques Reframe negative thoughts Resilience ability in handling adversity ● Function of emotion Emotion increase cognitive ability Emotion affects memory Emotion Increases creativity Emotion affect cognition ● Communication and listening-EQ skills How to listen to others' and in touch with own inner emotions 	<p>Module 4: Development of Interpersonal Skills</p> <ul style="list-style-type: none"> ● Team Building Find out your interpersonal pattern How to relate to people with different interpersonal patterns Working with people who you do not like ● Conflict management Be aware how your maladaptive primary or secondary emotion becomes a defense Become conscious of your primary emotion Learn to express your primary emotion Experience the transformation of negative emotions 

Fee**:	Module 1-4	Module 1-2	Module 3-4*
Normal Registration	HK\$ 15,800	HK\$ 11400	HK\$ 4400
Exclude 30hours NEP	HK\$7,800	HK\$3,400	_____
Early Bird : Registered before 5/2/2010	HK\$ 15,000	HK\$ 11000	HK\$ 4000
Early Bird : Registered before 19/2/2010	HK\$ 15,400	HK\$ 11200	HK\$ 4200

Two people registered at the same time	Minus \$200 Per Person	Minus \$100 Per Person	Minus \$100 Per Person
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*Course Fee for Module 3-4 include one text book: 情緒四重奏－同行生命中的憂怒哀樂

**Course fee for Module 1-2 and 3-4 both include an overnight stay at a retreat house

Connexion Psychological Practice Ltd: Registration Form

Name: _____ (English) _____ (Chinese)

Tel: _____ (Day) _____ (Night) E-mail: _____

Organization: _____ Occupation: _____

Correspondence address: _____

If you wish a receipt, please put the ✓ in the box:

Yes, I need the receipt