

*Activating the Seed of Human Potential
and Building High-Performance People*



CORPORATE

SELF MANAGEMENT **COURSE**

**The Art of Managing and Enhancing your
Internal and External Quality of Life**

**Enterprise-Proven Techniques for
Boosting Mental & Emotional Well-Being!**

Your team is the heart of your success and your most valuable asset, invest on their well-being to cultivate fast-paced growth, boost profits, & achieve healthy success.

3 Days Course Outline

Self-Management Course – Level 1

1

DAY ONE

Setting up a solid foundation.

12:00 p.m. to 6:00 p.m.

(1:30 p.m. Snacks & Prayer Break)

- **Introduction to the Course and Trainer**
- **Reference Point** – Learn how to navigate your thoughts to manifest success, helping you set and achieve professional goals.
- **Technology of Self-Management** – Manage your mental state to take control of both personal and professional life for better decision-making.
- **Technology of Heart-Coherence** – Build emotional stability, essential for clear decision-making, effective leadership, and team harmony.
- **Analemma** – Tap into the power of water for enhanced well-being, which contributes to sustained productivity at work.
- **Stress Relief Hacks** – Instantly eliminate stress to maintain focus and efficiency under pressure in the workplace.
- **Technology of Hado** – Align your energy for effective communication and stronger professional relationships.
- **Technology of Brain-Coherence** – Strengthen mental stability to enhance creativity and problem-solving skills in a corporate setting.
- **Complain vs. Gratitude** – Experience a shift in mindset to foster a positive, productive work environment.
- **Self-Management –Monitoring of Input and Output** – Understand how managing what you take in leads to better professional output and results.
- **Back-Tapping** – Simple techniques to boost energy and longevity, supporting long-term career success.
- **Technology of Grounding** – Use Earth intelligence to reduce emotional stress and increase resilience in high-pressure work situations.
- **Neo-Rhythm** – Improve focus and mental clarity for heightened productivity and performance at work.

2

DAY TWO

Intense session on releasing blocked energies.

12:00 p.m. to 6:00 p.m.

(2:30 p.m. Snacks & Prayer Break)

- **Relationship between Intention, Energy and Food** – Learn to maintain high energy levels for sustained workplace performance.
- **Letting Go of Resistance** – Release mental blocks that hinder growth and success in your career.
- **Elimination of Energies of Apathy, Grief, Fear, Lust, Anger, Pride** – Clear unwanted emotional energy to enhance emotional intelligence and leadership.
- **Charge yourself with Energies of Courage, Acceptance and Peace** – Build emotional resilience to manage difficult situations and make sound business decisions.
- **Technology of Elixir of Life** – Learn the formula for achieving success, health, and happiness in both personal and professional life.
- **Eye Massagers** – Relieve eye stress to improve focus and efficiency in daily tasks.
- **Neck Massagers** – Unwind your neck muscles to reduce physical tension and improve concentration during work.

3

DAY THREE

Learning the Way of Life!

12:00 p.m. to 6:00 p.m.

(2:30 p.m. Snacks & Prayer Break)

- **Technology of Energy of Repulsion** – Let go of limiting beliefs to enhance creativity and innovation in your professional life.
- **Science of Appreciation** – Cultivate gratitude to improve teamwork, workplace relationships, and overall job satisfaction.
- **Technology of Gratitude Triangle** – Attract success, wealth, and opportunities by applying a structured system of gratitude.
- **The Power of Responsibility (Ho'oponopono Healing)** – Adopt four life-changing principles that foster accountability and strong leadership.
- **Technology of Structured Water** – Boost physical and mental health to maintain high levels of productivity and innovation.
- **Pendulum Activity** – Master focus and attention for better decision-making and time management in professional tasks.



TRAINING MATERIAL

The following will be provided as a bonus at the end of the class:

- **Course Summary**
- **Abundance Soundtrack** – Rewrite your attitude toward wealth and success.
- **DNA Rejuvenation** – Strengthen your immune system and reverse the aging process.
- **Super Natural Genius** – Activate your inner genius.
- **7 Exclusive Brainwave Soundtracks** – Designed by Futuristic Learning:
 1. **Smart Morning** – Awaken & Energize
 2. **Smart Day** – Achieve an Expanded & Clear Mindset
 3. **Smart Sleep** – Achieve Restful Sleep
 4. **Exercise Energy Booster** – Power Up & Energize to Perform
 5. **Coherent Heart** – Activate Heart Intelligence
 6. **Coherent Brain** – Achieve Peace & Mental Clarity
 7. **Heart-Brain Coherence** – Heart-Brain Synchronization
- **Lifetime Follow-up Q/A Support** from the Trainer
- **Lifetime Opportunity** to join our complimentary one-day refresher sessions.

I believe in the **70/30 Rule**. Spend 70% of your time on personal development, your mental and emotional coherence, and the remaining 30% doing business, because business only grows when you grow as a person. Ever since I have started taking Self-Management Trainings on DAILY basis for the past few years, my business has seen tremendous growth in fraction of the time. Through Self-Management Trainings, I have seen profound changes in my business success & growth, health, mental & emotional conditions, family integrity, and healthier relationships. All aspects of my life have aligned to my desires. I am more happy, energetic, and ambitious now than I ever was.



IMTIAZ HUSSAIN ABBASI



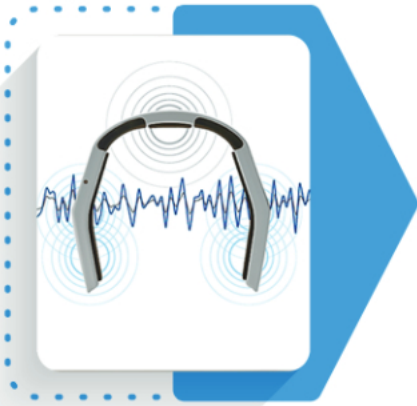
OWNER, CHAIN OF IMTIAZ SUPERMARKETS

CLIENT OF FUTURISTIC LEARNING'S
SELF-MANAGEMENT COURSE

We bring to you, multitude of

BREAKTHROUGH-IN-BRAIN-SCIENCE TECHNOLOGIES

all infused in a single course, so your team can reap optimum results!



PEMF Head Band

By applying non-invasive energy into the body, it stimulates the cells to help them function just the way they were intended to. This device emits electromagnetic waves at different frequencies such as Delta, Theta, Alpha, Beta, and Gamma, to improve cognitive performance, strengthen attention & focus, optimize your mental capacity, energize cells on a molecular level and revitalize the body and mind through brain-wave entrainment.

Technology of Heart-Coherence

(Learn to emotionally stabilize yourself within minutes)



Technology of Brain-Coherence

Ideal State of Mind - Synchronize Left/Right Brain Hemispheres for Whole Brain Learning



BREAKTHROUGH-IN-BRAIN-SCIENCE TECHNOLOGIES



Brainwave Entrainment

Engineered soundtracks used throughout the course use particular brainwave frequencies in order to induce an altered state. Brainwave entrainment prompts the brain to access a particular state through a variety of different audio stimulations. Essentially, the stimulation convinces the brain's activity to synchronize to the external stimulation. Brainwave entrainment involves picking a sound associated with a particular brain wave to alter your state. As you can see, each type of brain wave is associated with a different state.

Benefits include:

- o Optimum Learning State (alpha waves)
- o Increased Attention (gamma and beta waves)
- o Improved Memory (gamma and beta waves)
- o Mood Boost (gamma and beta waves)
- o Healthy Sleep (theta and delta waves)
- o Reduced Stress & Anxiety (alpha waves)
- o Enhanced Meditation (alpha waves)



Eye Massager

Our eyes are constantly taking in tons of information about the world around us and sending it to our brain for processing. Without our eyes we would not be able to see the beauty of the world, therefore, eye health is very important. This device is designed to help regain eye vitality, relieve headaches, alleviate eye strains, insomnia, and everyday eye fatigue, through a soothing eye massage experience with heat, vibration, compression, & music via built-in speakers



Neck Massager

Most of our daily activities, can cause stress on the body, particularly, in neck and shoulders. Body stress hinders our ability to focus and be productive. Fortunately, massage is one of the best alternative medicine approaches for treating that stress. This latest technology-based electric neck massager is designed to deeply relax the neck muscles and nerves, provide relief from pain and stress, and release tight knots and tension caused by daily



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A Hub for Life Transformational Courses

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