

Hello from DCC Headquarters!!

Wishing you all Ramadan Kareem.

We are back with our *“NLP Spotlight Series”* where we spotlight our alumni who are doing exciting things with their NLP capabilities.

This month we are spotlighting NLP Master Coach Saboohi Khan, who has amalgamated NLP practice with aromatherapy and mBraining.

1. When did you complete your Master Practitioner?

In Fall of 2020, it sure feels like a whole lifetime ago. My life has changed so profoundly since then, this training was the spring board to so many new horizons. I sometimes have to remind myself, to pause, so I can appreciate the sunsets and sunrises of the journey.

2. You've created an amazing product with your learning's. Can you share a little about them with us?

So I have a background in Bio-medical Sciences and I specialized in Cancer Biology. I was always interested in creating something to empower the people around me. Facilitating clients through curated customized personal and professional coaching programs. I've masterfully combined the art and science of Professional Clinical Aromatherapy, NLP Coaching, Hypnotherapy, Time-line Therapy and mBIT to create the perfect hybrid modality, Aroma Coaching. This holistically blends the mind, heart and gut to work in alignment to access and transform the client. To become the version of themselves they dream of becoming.

That bit of personal touch, truly, is the sweet spot for me, when I see clients leaning into and valuing their personal growth.



3. What's the experience and outcome this has had on/from your target audience?

Where to begin, I've worked with a wide variety of clients, with various challenges, to bring them to a transformative life changing outcome. Rather than problem solving, I prefer to be an outcome oriented coach.

From common cases like migraines, anxiety and heart break, to cases like depression, ADHD and motivation. To more detailed cases like chronic pain management, sleep pattern changes, smoking cessation and c-ptsd.

I come from a space of, there's no failure only feedback, so just like, not one size fits all, if one technique doesn't suit a particular client, I shift gears and pull another from my wide variety of techniques in my coaching tool box.

Successfully facilitating, shifts and changes for my clients.

4. What kind of transformational change has it been for you?

My personal growth is very much intersected with my professional growth. the two have grown, one leaning in on the other along the way. I have to say, in this journey, I had to reflect deeply, honestly inwards, ask my self some hard questions about my life and choose consistency above all else. This has made me a very emotionally grounded, resilient person, even when I falter and stumble, the goals I have keep me strongly swimming upwards.

5. What kind of impact is your program creating?

The world is truly my oyster.

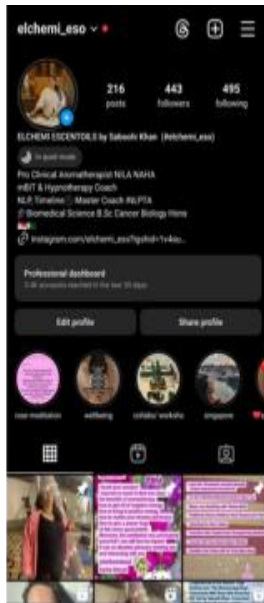
With my social media platforms, Elchemi_eso (Instagram) and The Integrated Delta Core (Facebook), I host, and collaborate on workshops, podcasts and educational workshops.

Globally and locally, I have successfully presented a completed case study, on the use of Essential Oils and Coaching for Substance Abuse Recovery Patients, to the Holistic Aromatherapy Association Singapore (HAAS). I did this case study with purely non-English Speaking clients, creating urdu NLP Scripts to facilitate my clients better. I am the first Clinical Aromatherapist and NLP Coach from Pakistan to have this opportunity. My work will also be published in a book by a British Clinical Aromatherapist and author, on Aromatherapy and trauma. The first of its kind.

I am a Circle Leader For Holistic Health and Wellness Coaching for Lean in Girls Pakistan, a global initiative to empower young girls across the globe to step into their personal power. I am a senior crew, mentor and supervisor to the new practitioner and master NLP Coaches at DCC.

I've created and run one of a kind, public and private, Aroma Coaching Workshops, in different cities of Pakistan. Bringing Aroma Coaching to the masses in a fun, informative and interactive way.

Just like my public workshop, for The Karachi Yoga Festival, highlighting beautifully that mental and physical wellness go hand in hand for overall well-being. This is just the beginning.



6. How has it enabled you more as a person?

There is no greater satisfaction, than the rush of personal gratification, I get every time a client achieves their goal. The sense of well-being and contentment I get from practicing my two great passions, is like no other. It is like coming home. After much uncertainty, having found my calling, this has been the best confidence boost in my life. Enabling me to step into the unknown, embrace uncertainty and enjoy the journey of becoming. I feel like, no matter the life's curve balls, I will always figure out a way to come through.



7. What are your plans on future growth for yourself and this program?

With my hybrid Aroma Coaching, I plan to create a variety of practical, inclusive, custom programs to help children, young adults, adults and geriatrics, to deal with common and uncommon challenges.

My idea is to enrich the clients quality of life, to live, feel, see, hear more fully. To focus on bringing Aroma Coaching, as a novel, mental health wellness tool. The greater impact it can have on a clients life choices to influence their change. Can you just imagine training health care providers to be Holistically and emotionally regulated by such beautiful tools and the greater quality of care they can provide to their patients?



8. What are your biggest takeaways from all the programs you've done with DCC?

I already have all the resources I need within me. Anything I set my focus on, I can achieve.

I write my own narrative, say yes and figure out how. Balanced Breathing, to bring in wisdom, clarity and calm.

Thank you for the amazing continued support of the trainer and for creating the tribe of DCC.



Keep an eye on our newsletters for our spotlight features that explore the extraordinary things our alumni are doing with NLP!

To be featured in the next spotlight share your initiatives and the difference you are making in the world with the power of NLP.

Thank you for being a part of our community.