

Hello from DCC Headquarters!!

Trust you are all rocking into 2024!

We are thrilled to launch “NLP Spotlight Series” where we will be spotlighting our alumni who are doing exciting things with their NLP training. The purpose of this initiative is to share the extraordinary learning interventions and innovations being done with the power of NLP.

In this exclusive series, we will feature insightful interviews and success stories on how you, our tribe, have utilized NLP techniques and knowledge to drive innovation, solve real-world problems, and create positive change.



This month we have 2 amazingly talented women, Sara Adeel and Samia Shahzad, who are teachers at Bayview Academy - middle school and they initiated an innovative school well-being program and using NLP and mBraining.

Lets hear from them!

1. **You've created an amazing product with your learning. Can you share a little about it with us?**

**Sara:** After completing my Master Practitioner, mBIT training and working as a coach for a year with young children and teenagers, I along with my partner, Samia wanted to use our skills and knowledge to create a bigger impact. We brainstormed ideas on how the tools of NLP can be incorporated into the school system. Our goal was to empower children with valuable tools that they can use in their lives, that will help them navigate through challenges and to empower them to be the best version of themselves. This idea gave birth to a Wellness Program that we run at Bayview Academy middle school. In this program we run a series of interactive workshops throughout the year, designed to infuse a dose of empowerment into the children's lives.

**Samia:** One thing that I have always been inclined towards is to teach beyond the curriculum based learning and lean into a more holistic approach for imparting knowledge. So, I, along with my colleague who is also an NLP certified Master Coach, tailored a program for our school that entails Wellness workshops for students aged 10-14 years. These workshops primarily focused on creating a better version of ourselves using NLP tools and methods and further refining them to fit a student's mental health as well as personal and social development. The workshops cater to nurturing emotional and personal development of children. We based our programs on 3 key areas, which are developing Emotional Intelligence, creating Growth Mindset and connecting to your Inner Strengths.

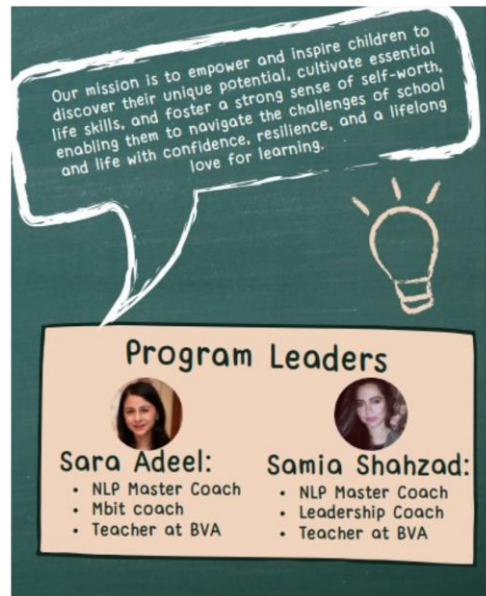


2. **What's the experience and outcome this has had on/from your target audience?**

**Sara:** Our target audience are children and teachers at middle school. Witnessing the impact on our young audience and teachers has been heartening. They not only absorb

practical tools but also apply them in their lives, fostering a ripple effect of resilience and personal growth. It's immensely rewarding to see them embrace these skills beyond the workshops.

**Samia:** With every workshop I notice a shift in physiology and ultimately mindset of the students. They not only become more aware of the endless possibilities they could find within themselves, but they also feel surprised by how they could unlock the potential their mind can generate by just re-framing the language that rewires your neurons.

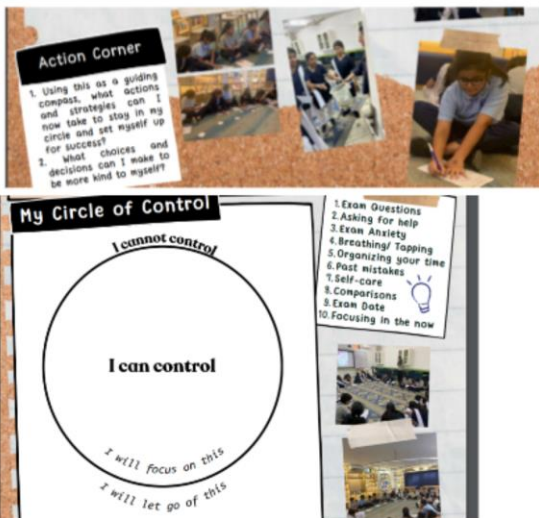


### 3. What kind of impact is your program creating?

**Sara:** The program is creating a lasting impact by planting seeds of emotional well-being and resilience. It is empowering children to take ownership and responsibility while being kinder towards themselves and others around them. It gives them a toolkit to use in their lives that will become a guiding compass for them. It has also created a culture of growth and curiosity not only in the school environment but also among the parent community.

**Samia:** I feel these young minds were as if waiting for some magical manual or formulas to unlock the confusion that the ever-changing world is offering at the moment. To discover and make the emotional connection with one's needs and abilities has made them feel more in control and command of themselves. It creates the alignment of mind, heart, and gut which enables them to change their dreams into their goals and

create an action plan to make it come true. In short, it helps put the puzzle pieces together and have a vision of not just the goal but also the path.

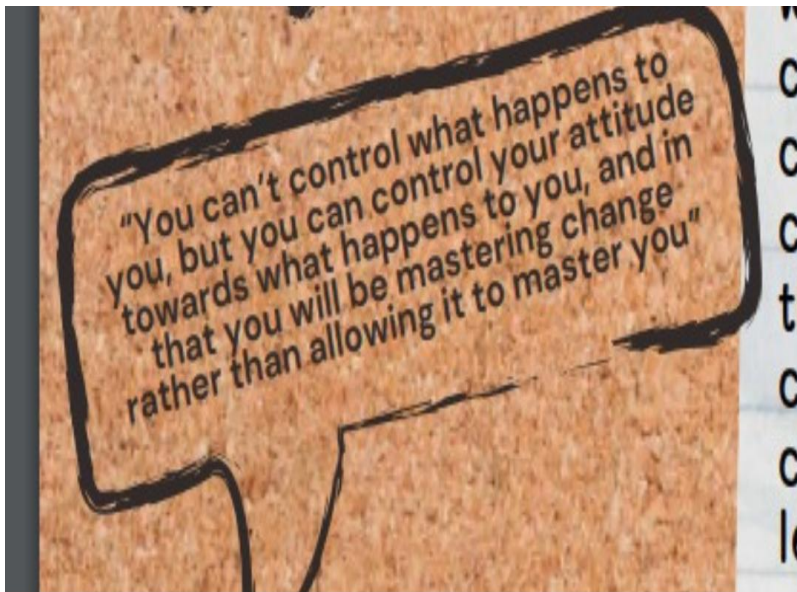


#### 4. What are your biggest takeaways from all the programs you've done with DCC?

**Sara:** Dynamic Communication and Aliyah have been a beacon of light in my life. The training that I did with DCC, NLP, and mBIT has been transformational in fostering growth, empowerment, and meaningful connections, both within myself, the individuals I have the privilege to coach, and the children that I work with at the school. My biggest takeaway from the programs is that we are constantly learning, changing, and evolving. We have a choice as to how we want to show up in our lives and what our future can be. We have all the resources within us already to make the changes.

## Samia:

- Healing oneself first and foremost
- Self-discovery and Holding space with generosity
- Set realistic achievable goals for smaller and meaningful achievements
- Change how you will respond rather than how your reaction controls you
- Your values are the key factors to rely on when making a decision.



We invite you to join us on this illuminating journey as we kick off the NLP Spotlight Series. Be prepared to be inspired, informed, and captivated by the remarkable ways in which NLP is shaping the future and the exciting innovations our NLP community is engaged in.

Keep an eye on your inbox for our spotlight features and get ready to be inspired by the extraordinary things our alumni are doing with NLP! To be featured in the next newsletter share your initiatives and the difference you are making in the world with the power of NLP.

We hope you enjoyed reading. Thank you for being a part of our community.

If you feel there's someone who particularly needs to read this and our other newsletters, please forward it to them and encourage them to sign up for our mailing list to keep abreast of our news.