

## NLP Spotlight Series

### Hello from DCC Headquarters!!

We are back with our “NLP Spotlight Series” where we spotlight our alumni who are doing exciting things with their NLP training. The purpose of this initiative is to share the extraordinary learning interventions being done with the power of NLP.

**Get ready to be inspired! This month, we have Sobia Ali, she is a NLP Life Coach, Certified Timeline Therapist, Hypnotherapist and Founder of The Learning Lounge.**

Let's hear from her!

1. When did you complete your NLP Master Practitioner and how did it enable your growth and/or new opportunities to open up for you?

I completed my NLP Master Practitioner in August 2023. It was not just a training for me but a beautiful journey of growth and development. I would rather say, a life changing experience, that enabled me to understand myself to core and to get on a path that I was long striving for.



2. You've gone on to do so much more. Tell us about that?

NLP master practitioner opened the doors for me in multiple ways. I found my calling and I am so excited to be on this journey. Since my training, I have passionately worked to coach many people and have been able to bring positive changes in their lives. To further enhance my skills, I also did my Coach certification in Emotional Intelligence and have recently achieved another very important milestone of completing ICF Level 1 Coach and Mentor training from a very reputed organization.

I feel honored to be given an opportunity to facilitate DCC's NLP practitioner program as online crew member and also Lead crew for Master practitioner program (online participants) held this year. In addition, I mentored the new coaches to help them succeed in their coaching journeys, which was a fabulous experience.

My mentoring skills were further polished when I volunteered to work with an international NGO for a 12 weeks' program to work with university students in Pakistan for Career exploration and planning.



3. How has all this enabled you personally and professionally?

The benefits I have achieved from all this are manifold. My training with the best of the best Aliyah Mohyeddin along with my ongoing practice has enabled me to understand myself better, work on my limiting beliefs, manage my emotions and continue to move forward towards my vision and purpose in life. I have not only advanced myself personally and professionally but this has also helped me with improving my relationships, understanding others better, being a better spouse, mother and a better human being.

I feel lucky to be able to spread the light of love, acceptance and change all around me!



4. What's the impact your working is having on your audience?

Biggest impact is that I have been able to create better awareness related to coaching, well-being, work life balance etc. and have influenced many people around me who approach me to know more about what I am doing and show their desire to be able to do the same.

My client's heartwarming feedback and prayers gives me strength and motivate me to keep going and create ripples (Alhumdulillah). The best part is when my clients come back and tell me how my coaching helped them move from darkness to light and made an impact in their lives.

It's not only about my clients but also my family and friends who have experienced a shift in not only me but also themselves. These are the ripples we create around us and there is no better reward than this. I feel deeply humbled when people around me notice the change and acknowledge my efforts.

5. What plans do you have for your future growth personally and professionally?

Loads of plans 😊

I want to continue to focus on creating awareness among people about the power of coaching, prioritizing themselves, normalizing seeking help and working on their personal & professional development. I want to reach out to as many people as possible to bring positive changes in their lives and overall society. We need a lot of education and awareness around basic life skills in Pakistan.

I am starting "Learning Circles" very soon to bring people together and learn from each other's unique experiences. These will be moderated discussions on important topics to build a strong learning community. I also plan to bring practical training's/workshops around critical life skills incorporating NLP tools as part of my previously introduced venture, "The Learning Lounge".

Reaching out to corporate sector to introduce well-being programs (including 1-1 coaching) for their employees is also something I plan to work very soon. Alongside these initiatives, continuous learning is what I have always believed in and plan to do the same in future too.



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

DCC programs are not just trainings but a complete journey of real growth and transformation. My key takeaway is who you are trained from, matters the most. I advise everyone around me to be very careful while selecting the trainer. I will always prefer somebody like Aliyah Mohyeddin over anyone else. She is one of the very few people whom I have found to be so committed, professional, genuine and wise. Someone who always inspires me and whom I always look up to.

7. What advice would you have for others who are currently enrolled in the NLP courses or for those considering it?

Just sign up with DCC without a second thought. I cannot recommend enough!

As a participant, trust the process and lean in. Blow off the rigid boundaries that you have set for yourself and be ready to let go of everything that has been holding you back. Be open to share and learn from everyone around you.

Embrace the new you & your journey and keep moving forward. You will get there!