

Diploma Course in Mind Training

Organized by: International Institute of Mind Training & Counseling (IIMTC)

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Course Overview

Course Title: Diploma Course in Mind Training

Duration: 6 Months

Mode: Online (Live Class)

Class Time: Every Wednesday at 9:30 PM to 11:00 PM onward (BD Time)

Course Structure:

6 Months – Theoretical Learning, Supervision and Case Study

Course Modules

Module 1: Science & Function of the Mind

- Structure of Mind and Brain
- Conscious and Subconscious Mind Techniques
- Introduction to Neuroscience
- Development of IQ, EQ & SQ

Module 2: Subconscious Mind & Reprogramming

- Mind Reprogramming
- Neuro-Linguistic Programming (NLP)

- Mind Rewiring Techniques (Neuroplasticity)
- Management of ANTs (Automatic Negative Thoughts)

Module 3: Stress Management & Emotional Regulation

- Stress and Brain Response (Cortisol & Dopamine)
- Meditation and Breathing Exercises
- Thought Control and Mindfulness
- Techniques for Depression and Anxiety Removal

Module 4: Focus & Concentration Development

- Memory Boosting Techniques
- Study Techniques and Mind Mapping
- Deep & Hyper Focus Development
- Super Learning and Speed Reading

Module 5: Motivation & Success Code

- Self-Motivation System
- Breaking Limiting Beliefs
- Goal Setting and Achievement Planning
- Success Strategies of High Achievers

Module 6: Counseling & Therapy Techniques

- Psychological Counseling
- Cognitive Behavioral Therapy (CBT) for Thought Transformation
- Basics of Hypnotherapy
- Emotional Healing Therapy

Module 7: Social & Professional Development

- Communication Skills
 - Personality and Habit Development
 - Mindful Leadership
 - Mind Power Application in Business & Career
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Trainer Information

Sessions are conducted by certified mind training professionals and counselors from Bangladesh and India, with expertise in Positive Psychology, Neuro-Linguistic Programming (NLP), Cognitive Behavioral Therapy (CBT), and Mindfulness.

Certification

Participants will receive:
Diploma Certificate from the International Institute of Mind Training & Counseling (IIMTC)

Course Outcomes

- Develop skills to manage emotions, stress, and negative thought patterns
 - Gain expertise in counseling and coaching for mental wellness
 - Acquire practical experience through internship and case studies
 - Suitable for mental health practitioners, counselors, teachers, trainers, and individuals committed to deep mental development
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Eligibility

Minimum qualification: HSC or equivalent

Strong motivation for advanced personal development and mind training

Course Fee

Description	Amount
Course Value	15,000 Taka
One Time Payment	12,500 Taka
Form Fee	200 Taka
Installment	(6 × 2,500) Taka

Total Payable: ₳15,200 BDT (Excluding Registration Fees)

Special Features

- Weekly Live Class
 - Extensive Practical Exercises and Internship
 - Diploma Certificate from IIMTC
 - Personalized Mentoring and Support
 - Access to Exclusive Mind Training Resources
 - Post-Course Career Guidance
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Contact for Details & Registration

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