

## WHY CHOOSE NEW MINDSET?

- ➡ Experienced and qualified trainers & counselors.
- ➡ Practical and result-oriented approach.
- ➡ Motivational and confidence-boosting sessions.
- ➡ Safe, supportive, and growth-focused environment.
- ➡ Trusted by schools, colleges, and families.
- ➡ Years of dedicated service in personal development.

### Glimpse of Training Seminars & Workshops



**NEW  
MINDSET**

Transformation Begins Here.



### Connect with us

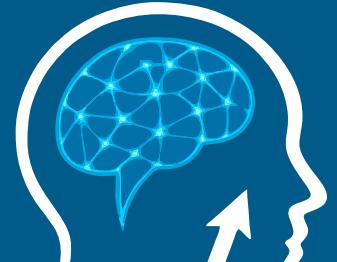
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Call to Book / Arrange a Session

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# NEW MINDSET

Transformation Begins Here.

# Personal Development Training & Counseling

Call to Book / Arrange / Attend a Session

📞 +91 7841046459 🌐 9307120600

website : newmindset.in

# ABOUT NEW MINDSET



New Mindset is a leading Personal Development Training and Counseling Centre dedicated to helping individuals grow, achieve, and succeed. We believe that every person has unlimited potential - they just need the right guidance, mindset, and support to unlock it.

At New Mindset, we provide powerful training programs, life-changing counseling sessions, Soft Skills seminars and practical tools that help people improve their confidence, emotional strength, communication, and overall personality.

## ABOUT THE FOUNDER

Mr. Sajid Patel is a Mindset Coach, Certified NLP Trainer, Motivational Speaker, Serial Entrepreneur, Social Worker, and Mentor.



**Mr. Sajid Patel**

He holds double Master's degrees in Arts and MBA, along with multiple certifications in Human Psychology, Neuro-Linguistic Programming (NLP), Counseling Skills, Train the Trainer and many more.

With more than 11 years of experience in teaching, training, counseling, and personal development, he has trained and guided thousands of students, teachers, parents, government officers, employees, and professionals.

## AVAILABLE TRAINING SERVICES

### 1. INTERPERSONAL / SOFT SKILLS TRAINING

Enhances communication, teamwork and relationship-building for personal and professional success.

### 2. TRAIN THE TRAINER

Develops presentation, facilitation, and leadership skills for aspiring or existing trainers.

### 3. NEURO-LINGUISTIC PROGRAMMING (NLP)

Practical techniques to change negative patterns, build confidence, and improve mindset.

### 4. MIND POWER TRAINING

Helps individuals strengthen focus, positivity, self belief, and mental resilience.

### 5. PUBLIC SPEAKING & STAGE CONFIDENCE

Covers voice control, stage presence, confidence building, and impactful communication.

### 6. PERSONALITY DEVELOPMENT TRAINING

Improves overall personality, confidence, body language, and mindset.

### 7. EFFECTIVE TEACHERS TRAINING

Enhances teaching skills, teaching methods, classroom management and communication.

### 8. INTERVIEW SKILLS TRAINING

Prepares students and job-seekers with resume tips, mock interviews and confidence building techniques.

### 9. STUDY & CONCENTRATION TRAINING

Techniques to boost memory power, study habits, and exam preparation with focus.

### 10. STRESS & ANGER MANAGEMENT TRAINING

Helps individuals understand how stress and anger are interconnected, and teaches techniques to stay calm, balanced, and emotionally in control.

### 11. LEADERSHIP SKILLS TRAINING

Teaches decision-making, communication, problem-solving, and team leadership.

### 12. ENTREPRENEURSHIP TRAINING

Guides aspiring entrepreneurs, inspiring them in creativity, business mindset, planning, and execution.

## SPECIAL NEET / JEE MIND MAKING TRAINING

**A powerful program designed for NEET & JEE aspirants to improve:**

- Focus & concentration
- Stress management
- Exam confidence & Study strategy
- Mindset and motivation
- Helps students stay calm, consistent, and emotionally strong during NEET & JEE preparation.

## AVAILABLE COUNSELING SERVICES

**INDIVIDUAL COUNSELING :** One-to-one sessions for personal issues, growth and clarity.

**STRESS COUNSELING:** Helps individuals manage pressure, workload, and emotional overwhelm.

**NEGATIVE THINKING COUNSELING:** Guides people to break negative patterns and build a positive mindset.

**COUPLES & RELATIONSHIP COUNSELING:** Improves communication, understanding, and emotional bonding.

**PRE- & POST-MARRIAGE COUNSELING:**

Helps to couples prepare for marriage and resolve early marital challenges.

**CHILD & PARENTING COUNSELING:**

Supports parents and children for behaviour communication, and emotional issues.

**ANGER COUNSELING :** Helps manage anger, frustration, and emotional reactions.

**FEAR & PHOBIA COUNSELING :** Guides individuals to overcome fears, insecurities, and mental blocks.

**LOW CONFIDENCE COUNSELING :** improves self-esteem, motivation, and belief in oneself.