

Elevating Emotional Health (with the Dalian Method)

Presented By: Kindi Dulai

Kindi Dulai-Gill is a former CEO of a private company, responsible for 3000 people nationally in the UK, with 30 plus years' experience in Leadership and Change. A member of the Institute of Chartered Accountants in England and Wales, and a member of the Canadian Association of Professional Speakers, she is the founder and owner of Spark Expansion Consulting ltd and a Facilitator of the Dalian Method from the Dalian School of Health and Consciousness.



Kindi specializes in facilitating transformational change for busy Leaders and Executives, (and their families), helping them to achieve optimal health and wellness. She articulates how to be a leader for positive change by showing them how to first embody conscious change within. The resultant increase in self-awareness heightens personal empowerment, facilitates gender inclusivity, eradicates unconscious bias and promotes action for social change.

Repeatedly referred to as a "life changer" by her many clients worldwide, Kindi excitedly gives all credit to the ground-breaking Dalian Method – a personal development program, resolving psychological emotional issues to abundance and spiritual blockages to physical pain and health complaints. Invented by the luminary Mada Eliza Dalian, it is a complete multidimensional process offering lasting transformation at every level for human wholeness.

Visit www.kindigill.com for more information.

What the Presentation will Cover:

Mental and emotional health is about being happy, self-confident, self-aware, and resilient. People who are mentally healthy are able to cope with life's challenges and recover from setbacks. But mental and emotional health requires knowledge, understanding, and effort to maintain (The Help Guide, 2018).

Learn why reactivity occurs, understand your feelings, and discover how to enhance the way you feel about yourself. Life occurrences teach us something about ourselves and give us an opportunity to elevate our emotional health and wellbeing. In this session, you will see the mysterious connection between hidden body memories and the quality of your emotional responses. You will also understand why challenging relationships occur and how to enhance your adaptability and compassion.

You will be introduced to the power of the practical revolutionary Dalian Method and its potent ability to increase self-esteem, self-awareness, sense of meaning and purpose in life. It also empowers you to know how to balance between work and play.

It awakens your innate qualities that lay within, to facilitate a sense of contentment, a zest for living and the ability to laugh and have fun. It also acts as an important aid to your ability to build and maintain fulfilling relationships.