

PUBLIC SPEAKING TOPICS
BY
DR. FAIEZ KIRSTEN



Dr. Faiez Kirsten is a medical doctor and author. He has extensive experience in various aspects of the healthcare environment and has also spent some time in the corporate world (including consulting). Dr. Kirsten's special interest is in the application of brain research findings to enhance health, wellness and performance at both an individual and organizational level. He is the founder and director of the **Institute for the Enhancement of Health, Wellness and Performance**, an entity whose mission is to assist individuals and organizations in preventing, reversing and eliminating illness and disease and achieving optimal health, wellness and performance through reprogramming the subconscious mind using advanced technologies. In this regard the Institute's offering include various products, programs and services which are designed to fulfill this mission. Amongst these are public speaking engagements.

In addition to advising and assisting individuals and organizations in the above areas Dr. Kirsten also provides consulting services with respect to illness and disease management

You can learn more about Dr. Faiez Kirsten at

<http://faiezkirsten.com/home-page-continuation.html>

Regarding public speaking engagements he speaks on the following topics:

- 1. The Subconscious Mind – What it is and How to Reprogram it Using Advanced Technologies**
- 2. The Science and Practices of Goal Setting and Goal Achievement**
- 3. High EI Leadership**
- 4. Corporate Culture – Not As Soft As You Think**
- 5. Stress Elimination – How to Live a Stress-free Life**
- 6. The Ten Dimensions of Optimal Health and Wellness**

Dr. Faiez Kirsten gives regular talks at the Institute's headquarters in Rondebosch East Cape Town. He is also available to speak to organizations and corporations which may be interested in the work of the Institute.

Below is an explanation of each topic on which he speaks:

1. The Subconscious Mind – What it is and How to Reprogram it Using Advanced Technologies

Everything about human beings revolves around their subconscious minds, be this in the social arena, sporting arena, business and work environments etc. In fact the lives of human beings, including their health, wellness and performance are controlled more than 96 percent of the time by what resides in their subconscious minds. Central to this control are subconscious beliefs borne out of cellular memories which stem from past experiences or inherited memories.

This talk describes the subconscious mind in some detail, including subconscious programming, how it works and how it controls lives - and of course how to change programs and paradigms that need changing. It provides information which enables people to better understand themselves and the problems and issues facing them or which they have been faced with in the past, especially with respect to their health, wellness and performance. With respect to changing subconscious programming this talk describes various tools, technologies and practices which can be used to achieve this goal and specifically discusses one of these technologies, the foundational technology used in the Institute's programs

Dear Faiez

I really enjoyed your talk last week, this whole week, little pieces of the puzzle have been sinking in. I have read many books with a similar point of view but I found your version very easy to follow and your more scientific and medical approach, made a lot more sense to me. I am looking forward to the next few sessions.

Kind Regards

Tammy L

2. The Science and Practices of Goal Setting and Goal Achievement

Enhancing health, wellness and performance is fundamentally about achieving goals. The ultimate goal of course is the achievement of optimal health, wellness and performance. In the past few years neuroscientists have discovered interesting facts about the brain and how it functions. Since the onset of research into the structure and function of the brain a few decades ago our understanding of the workings of the human brain is now much clearer than it has ever been. Based on these findings, techniques and practices have been developed to enhance not only the goal setting and achievement process but also self development.

This talk provides information which will lead to a greater understanding of the discipline of goal setting and achievement and especially its scientific basis. It discusses the various tools, techniques and practices that can be used to achieve goals and of course the science behind them. The talk is based on the book written by Dr. Kirsten “**Achieve Whatever You Want – Revolutionary Discoveries About the Human Brain**”

Dear Faiez

ACHIEVE WHATEVER YOU WANT is definitely an outstanding personal development guide. For the first time in my life, I now understand why I have not achieved certain goals. The explanation of how the brain works was a revelation to me – you explain it such an easy to follow way. After only reading this book once, I have gained immense self-confidence and am for the first time so certain that I will now be able to achieve my goals. Needless to say, I will keep you up to date regarding my personal growth.

I encourage everybody to obtain this book – it will become a bestseller!

Thank You & Regards

Willie M

3. High EI Leadership

In order to perform optimally and to achieve and maintain optimal health and wellness it is vital to possess the necessary leadership skills, specifically those skills which enable effective self-leadership. However the achievement and maintenance of optimal health, wellness and performance often also requires the effective leadership of others too.

Underpinning leadership of self and others are the abilities and competencies of emotional intelligence (EI). This talk discusses these various abilities and competencies and the on-line 360 assessment, the **ESSA – 360**, developed by Dr. Kirsten which can be used to measure 20 different emotional and social skills which are vital both for leading self and others more effectively. This assessment reveals to participants their status with respect to these various skills. The talk reveals what these skills are and the clusters of skills which are necessary for optimal work performance.

It also describes these skills from the perspective of the brain, what constitutes them in the brain and why it is possible to change or strengthen them.

The final part of the talk focuses on the means of strengthening any sub-optimal skills as revealed by the ESSA-360.

4. Corporate Culture – Not As Soft As You Think

This talk discusses what corporate culture is and why it is important, especially its importance from the perspective of optimal health, wellness and performance. . It is a well-proven fact that the culture of all organizations has a direct impact on their performance, financial and otherwise. However, not only does an organization's culture impact on its overall performance as an organization, but it also has an inevitable influence on the individual performance of its people, and also undoubtedly, on their health and wellness. It is prudent therefore for all organizations to conduct regular audits on their culture. Culture audits are part of the service offerings of the Institute for the Enhancement of Health, Wellness and Performance.

Knowledge and understanding of the subject of organizational or corporate culture is therefore imperative for anyone belonging to or associated with an organization in one way or another. And it is of course equally important, or maybe even more so, for those tasked with the responsibility of the management and performance of their organizations.

The talk covers the various types or broad categories of culture that exist and also the various dimensions or components that make up organizational culture. Strength in these components or dimensions is required for high organizational performance. Further to the types and components of culture other aspects of culture, such as its origins and functions, its relationship to financial performance and its management amongst others are also covered.

In order for the people of an organization to minimize or eliminate any negative impact that their organization's culture may have on them, it is vital that their values be in alignment with that of the organization's. Failure to achieve such an alignment can have dire consequences, such as deterioration in the individual's health, wellness and performance amongst others. Alignment of individual values with organizational culture mission and vision is often regarded, by those tasked with this responsibility, as an extremely difficult challenge, often requiring months or years to achieve. However with the latest cutting edge, advanced tools, technologies and practices, this challenge has been significantly diminished. This talk covers this interesting topic, including the implementation of recommendations borne out of findings of cultural audits.

I loved your last article. My husband is currently working under a management structure where there the conflict is not met and resolved, but conflict is denied. When they received a new boss, he said he wanted to include the programmers in making the decisions, but he rarely makes opportunity for that to happen and ultimately his decisions are made by who he needs to make happy above him in rank. There is a lack of trust between management and employees. A couple of people have been up and fired from what others perceive as the boss saying "they just weren't on board" with the way things need to go around here. There is not good communication from the manager to discuss how things are moving or not moving in the business and one of the biggest lacks in the working day is the boss' lack of support. The people who work at this business have a tendency to be workaholics who do not have very good self images and no matter how hard they work and fine tune things, they are not getting supported by their boss, but actually are being undermined. Eeeeeek!

I am going to send this article to my husband and get his feedback. It says nothing he hasn't seen, but all the info. he has been seeing is written down in the article in one place affirming how he's been feeling about work. I realize him being there is much about how he sees himself and his own spiritual growth.

Thanks again so much for the article.

Kate

5. Stress Elimination – How to Live a Stress-free Life

Persistent stress is a major problem across the globe and the majority of people who visit a doctor's surgery hospital emergency room or clinic do so because they are afflicted by one or other stress - related emotional or physical illness. In fact persistent stress and poor nutrition are two of the commonest causes of illness and disease plaguing humanity.

This talk focuses on the assessment, understanding and elimination of stress, especially chronic or persistent stress. It encompasses a discussion of stress from four different perspectives viz. a clinical perspective (describing how stress-filled patients present to their health practitioners), from a patho-physiological perspective (describing what transpires in the brain and body when a person experiences stress - a vivid description of the chemical and neurological processes which take place during the stress response is provided), from the perspective of the disorders caused by stress (some important stress-related illnesses and diseases are described in terms of their causes, symptoms, prognosis and treatment) and lastly from the perspective of the action that needs to be taken with respect to the various methods, tools, techniques and practices which are necessary for the elimination of persistent and destructive stress.

Hi Faiez

Wow! There is such a lot of information in the package! I am so glad that you have structured the way through as I would be completely lost as to where to start. I do dip into some of the 'ahead' material to see what lies ahead. You have put together a VERY powerful package!!!

Regards,

Gaye V

Hi Faiez

Thanks for this programme there is a huge amount of information. I am really excited to get going. You are obviously very talented man and been blessed to present this to the world.

Last night was not possible but it is full steam ahead today.

I have done days 1 – 5

I really enjoyed the Subconscious Mind report in particular the bit about FFR and also the amount of time it would take using meditation to access Alpha, theta and delta and hence the need for brain entrainment.

I also read part 41 pages of achieve what you want before I found the Volunteers Guide book

I have taken all my bonus material thank you for that (am busy reading Savvy business tactics)

Have a magical day

Love and light

Reneé S

6. The Ten Dimensions of Optimal Health and Wellness

This talk kicks off with a brief touch on the global crisis in healthcare and the reasons why people get sick. It then goes on to discuss ten different dimensions of health and wellness, each of which needs to be optimized in order to experience and enjoy an overall state of optimal health and wellness. Each

of these dimensions are discussed in some detail describing what they entail and why and how they contribute to a state of ideal health and wellness. Having knowledge and understanding of each of the ten different dimensions of optimal health and wellness is imperative if one is to know why the necessary actions, habits and behaviors are necessary in order to reach and maintain this ideal state of being.

The ten dimensions are an inherent part of the Optimal Health and Wellness Academy DVD program which provides participants with the means to determine their health and wellness status with respect to each of the ten dimensions. Without measuring these various dimensions it would be extremely difficult if not impossible to know what a participant's health and wellness status is - let alone achieve and maintain a state of optimal health and wellness. Without knowing what their nutritional status is, or their hydration status or their ideal body weight maintenance status is or whether essential energy is flowing freely through their body for example, they will not be in a position to take any meaningful steps towards remedying them if they are less than optimal. So it is vitally important that all aspects of health and wellness are assessed or measured before the appropriate action can be taken to get to the destination of optimal health and wellness. On completion of all ten assessments a graphic output of their results is generated which clearly shows their level of health and wellness in terms of the score they achieved for each health dimension. Their overall health status is also calculated based on these results.

In addition to further assessments and comprehensive action plans, the Optimal Health and Wellness Academy program provides various means, including cutting edge technologies, to ensure that the goals of Gold Status is achieved with respect to each of the ten dimensions and of course overall health and wellness.

Dear Dr Faiez

Your talk was informative and inspiring.
I am more aware of what is happening inside my body...THANKS TO YOU!

Kind Regards

FATIMA

Dear Dr Kirsten

Thank you I have already noticed the following: Improved memory, better concentration and coordination. I apply myself better and harder and with more effort. I am trying to eat better and with less effort to make good choices. I work out harder and it is easier. I sleep better if a little too much now. Seem to be a bit tired and have a slight headache. I am in a much better mood considering all my problems.

THANKS ever so much - your treatments are the best in the world and I am really a different person.

All the best and thanks again.

Mary Anne

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