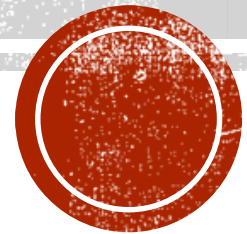


LEAD AND INSPIRE YOUR POSITIVE MIND



Ferdy D. Savio
Mindset Coach



COACH FERDYNANDO D. SAVIO



- International Certified NLP Practitioner - National Federation of NLP, USA (2009)
- International Certified NLP Master Practitioner - National Federation of NLP, USA (2009)
- International Certified NLP Trainer - National Federation of NLP, USA (2010)
- International Certified Neuro-Linguistic Coach - National Federation of NLP, USA (2011)
- Certified *Hypnosis & Hypnotherapy Instructor* - Indonesian Board of Hypnotherapy (2010)
- Industry Rockstar Intensive - Jeff and Kane, Australia (2012)
- Ericksonian Hypnosis & Generative Trance - Stephen Gilligan, Ph.D, USA (2013)
- Identity Coaching and Modeling - Judith DeLozier, USA (2014)
- International Certified Coach – International Coach Community, UK (2015)



Ferdy D. Savio
Mindset Coach



Sekolah Pengembangan Diri

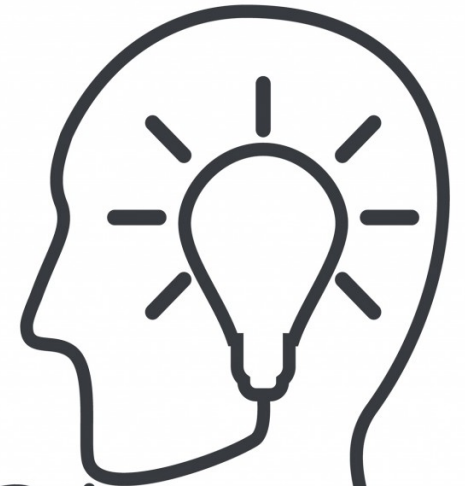
8 KOTA BESAR INDONESIA
JAKARTA, BANDUNG, SURABAYA, JOGJA, JAKARTA
PEKANBARU, PADANG, JAMBI, PALEMBANG

**ONE
INTWENTY
MOVEMENT**

2014

UMKM Indonesia siap menghadapi AFTA 2015
Menuju 5% jumlah wirausaha Indonesia di 2020

UMKM INDONESIA GO INTERNASIONAL
www.onein20.com
SINDONEWS.com



SekolahPakar.com
monetizing your expertise

BangiKopitiam
Let's eat together = gether



Bay
walk
enjoy the leisure



BERAPA BANYAK DARI
ANDA YANG INGIN
SUKSES?



PACAR YANG POSITIF

PRIBADI

ATTITUDE

COMMITMENT

ATTRIBUTE

RENUNGAN



**THINK POSITIVE, BE
POSITIVE, AND
POSITIVE THINGS
WILL HAPPEN.**

PictureQuotes.com



“WORKING HARD IS
A SKILL YOU HAVE
TO NURTURE”



**KOMITMEN ITU SEPERTI SAFETYBAR
PADA ROLLER COASTER, ITU YANG
MENJAGA ANDA HINGGA SAMPAI TUJUAN**

Ferdy D. Savio



DRESS FOR SUCCESS

“A RESPECTABLE
APPEARANCE IS
SUFFICIENT ENOUGH TO
MAKE PEOPLE MORE
INTERESTED IN YOUR
SOUL”

 **KARL**
KARL LAGERFELD



AKAL BUDI



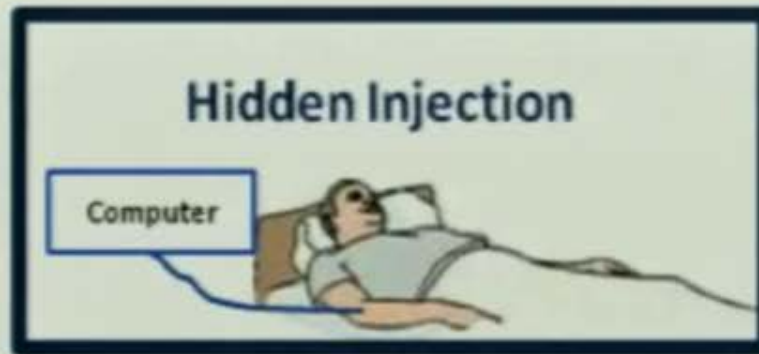
KEKUATAN MINDSET



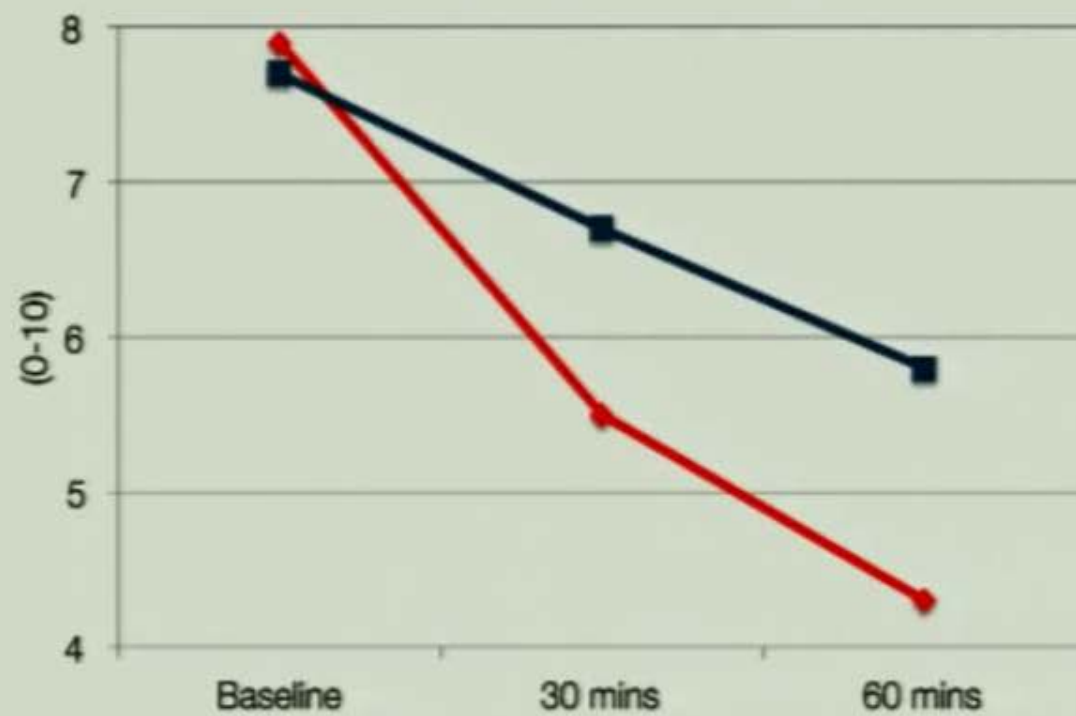
CREAT
SOME THING
OUT OF NO THING



**GROUP OF RESEARCHERS IN ITALY
— DR. FABRIZIO BENEDETTI, MD**

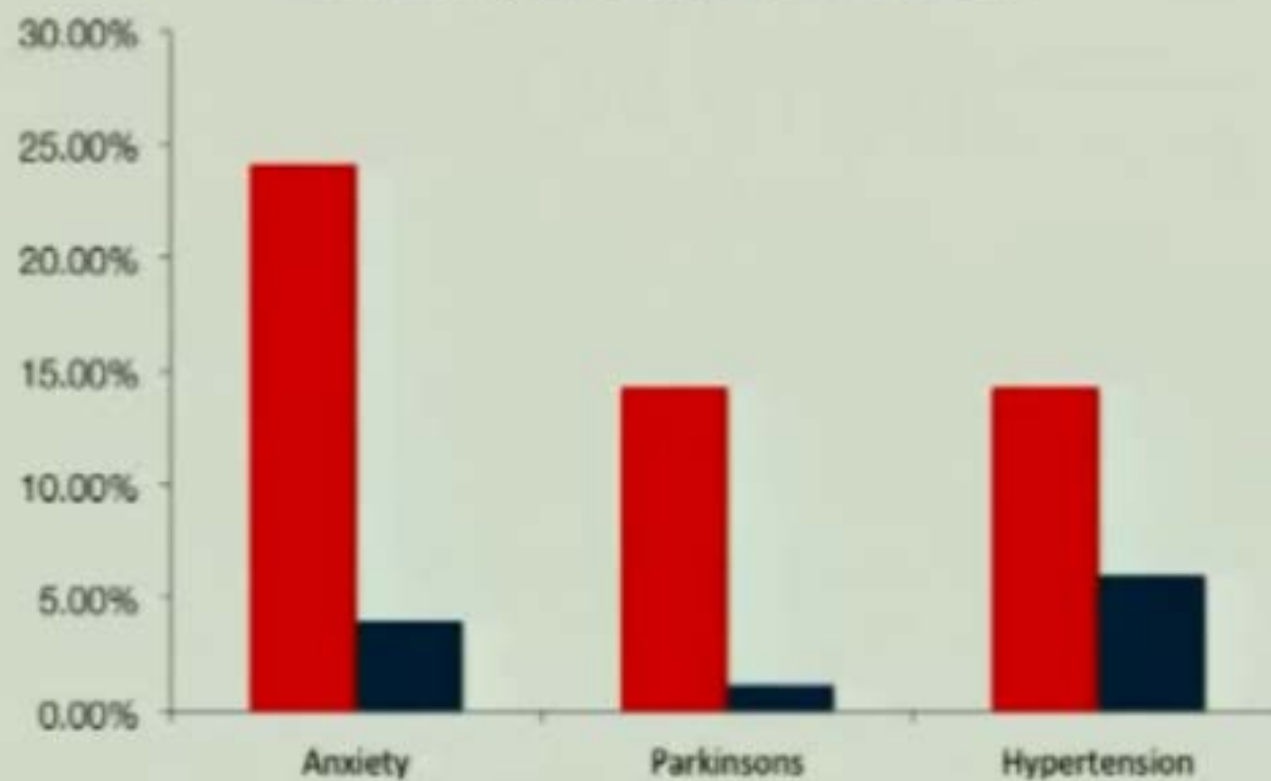


Pain Reduction from Morphine





Percent Improvement from Treatment



**KEKUATAN MINDSET
BISA MERUBAH KESEHATAN
ANDA**



**APAKAH ANDA RUTIN
LATIHAN / BEROLAHRAGA?**





160 calories/hour



200 calories/hour



240 calories/hour



The Surgeon General strongly advises that all adults should accumulate at least 30 minutes of physical exercise per day.



Did you know . . .
**YOUR WORK IS GOOD
EXERCISE!**

It's true! Exercise does not need to be hard or painful to be good for your health. You can get the same results by doing active housework! It is simply a matter of burning calories and using your muscles. All you have to do is move around enough every day to burn at least **200 calories**.

According to the American College of Sports Medicine . . .

Changing linens for 15 minutes burns 40 calories!

Vacuuming for 15 minutes burns 50 calories!

Cleaning bathrooms for 15 minutes burns 60 calories!

This means that if you are actively vacuuming, changing linens, or cleaning for at least 2 hours a day, you are fulfilling the Surgeon General's recommendations for an active lifestyle. Now that is good work!

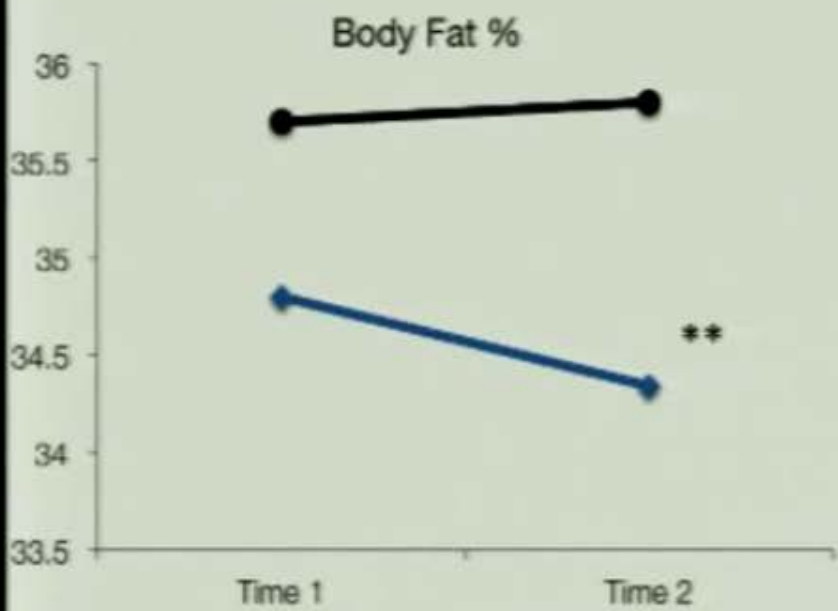
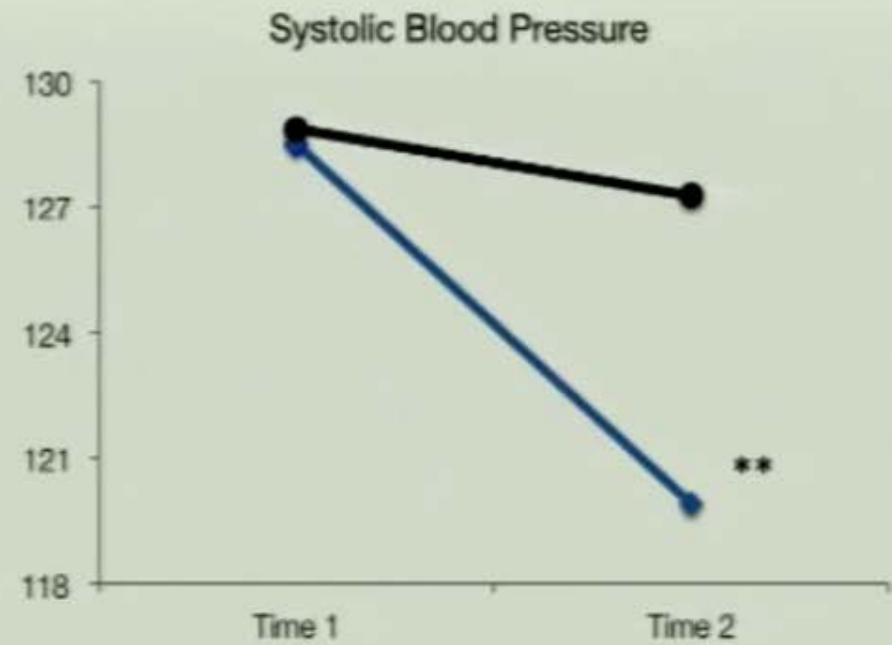
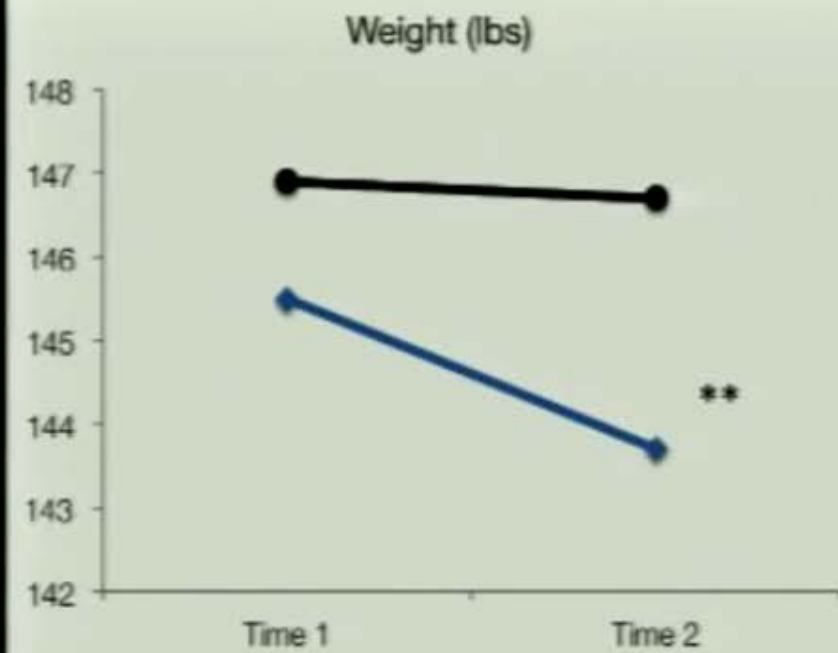
THE BENEFITS OF AN ACTIVE LIFESTYLE

- | | |
|---|-------------------|
| ! A HEALTHY WEIGHT | ! A HEALTHY HEART |
| ! LESS LIKELY TO GET SICK | ! LESS FAT |
| ! MORE STRENGTH | ! MORE CREATIVITY |
| ! LESS ANXIETY | ! BETTER MOODS |
| ! LESS DEPRESSION | ! BETTER SLEEP |
| ! LOWER RISK OF DIABETES, HYPERTENSION, AND OTHER CHRONIC DISEASES! | |



The time it takes to burn 200 calories is different for each person. The calories reported above are for the average 140 lb woman. We do not want you to stop doing other exercise that you may be doing outside work. We just want you to be aware that a day cleaning rooms is a good source of daily exercise.

Congratulations on leading an active lifestyle!



**KEKUATAN MINDSET
BISA MERUBAH KINERJA
ANDA**



**APAKAH ADA HUBUNGAN
LANGSUNG ANTARA
MINDSET DENGAN TUBUH?**



TASTE SHAKES EARN \$75!

Researchers at Yale Medical School are testing bottled shakes. The goal of this research is to get taste ratings while simultaneously measuring how people react to different nutrient contents.

Your participation will involve:

- *One 30-minute online questionnaire*
- *Two 2.5-hour lab sessions where you will evaluate a label, taste a shake, and provide some measurements (including blood samples)*

For your time and efforts, you will earn \$75

Eligibility criteria:

- *Age range: 18-35*
- *None of the following: diabetes, pregnancy, food allergies to lactose or egg*

To enroll in the study call 203-432-8233 or email taste.study@yale.edu

Website: <http://www.ycci.yale.edu/clinicaltrials>



Yale Center for
Clinical Investigation

2 Church Street South, Suite 114, New Haven, CT 06519 www.ycci.yale.edu

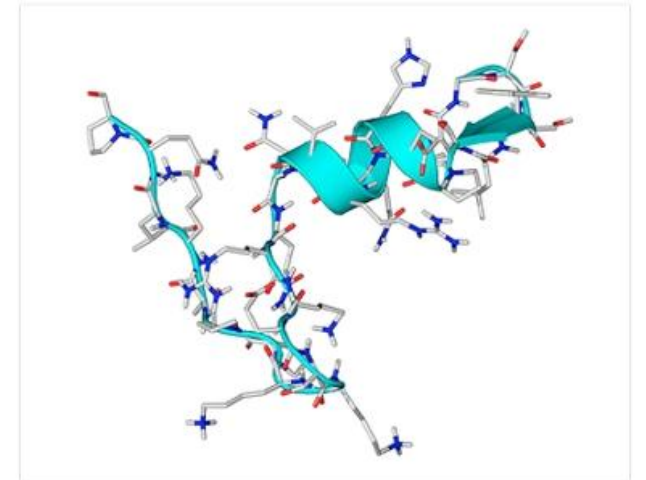


GHRELIN

HORMON LAPAR....



AKU LAPAR !!!



KEEP REFRIGERATED

SHAKE WELL BEFORE
DRINKING

Product of U.S.A.

Nutrition Facts

Serving Size 1 bottle (12 oz)
Servings Per Container 1

Amount Per Serving

Calories 140 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 5mg 2%

Sodium 200mg 8%

Total Carbohydrates 20g 7%

Dietary Fiber 0g 0%

Sugars 20g

Protein 15g

Vitamin A 0% • Vitamin C 4%

Calcium 50% • Iron 2%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: nonfat yogurt [cultured
grade A nonfat milk, modified corn
starch, kosher gelatin, palmitat], water,
vanilla puree, sucralose, potassium
sorbate, malic acid, sodium citrate

Sensi-Shake

Guilt Free Satisfaction

0%

fat

0

added sugar

140

calories!



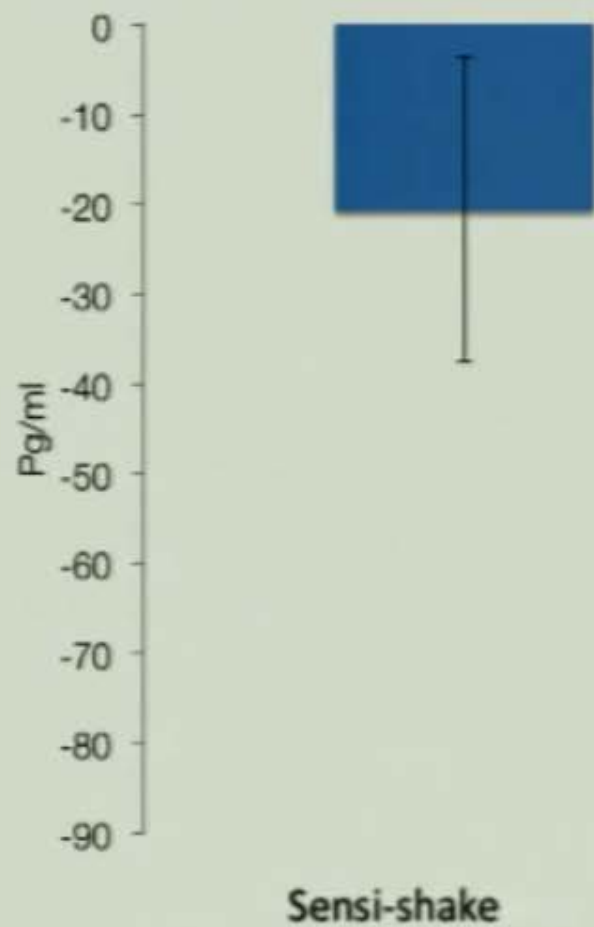
French Vanilla

12 FL OZ (355 mL)

Get sensible with the
new light healthy **Sensi-
Shake**. It has all the taste,
without the guilt - no fat,
no added sugar and only
140 calories! **Sensi-Shake**
is light and tasty enough
to enjoy every day.



Drop in Ghrelin



KEEP REFRIGERATED

SHAKE WELL BEFORE
DRINKING

Product of U.S.A.

Nutrition Facts

Serving Size 1 bottle (12 oz)
Servings Per Container 1

Amount Per Serving

Calories 620 Calories from Fat 270

% Daily Value*

Total Fat 30g 45%

Saturated Fat 18g 91%

Cholesterol 115mg 39%

Sodium 460mg 19%

Total Carbohydrates 63g 21%

Dietary Fiber 2g 7%

Sugars 56g

Protein 31g

Vitamin A 0% • Vitamin C 4%

Calcium 50% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calorie:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INDULGENCE[®]

Decadence you Deserve



French Vanilla

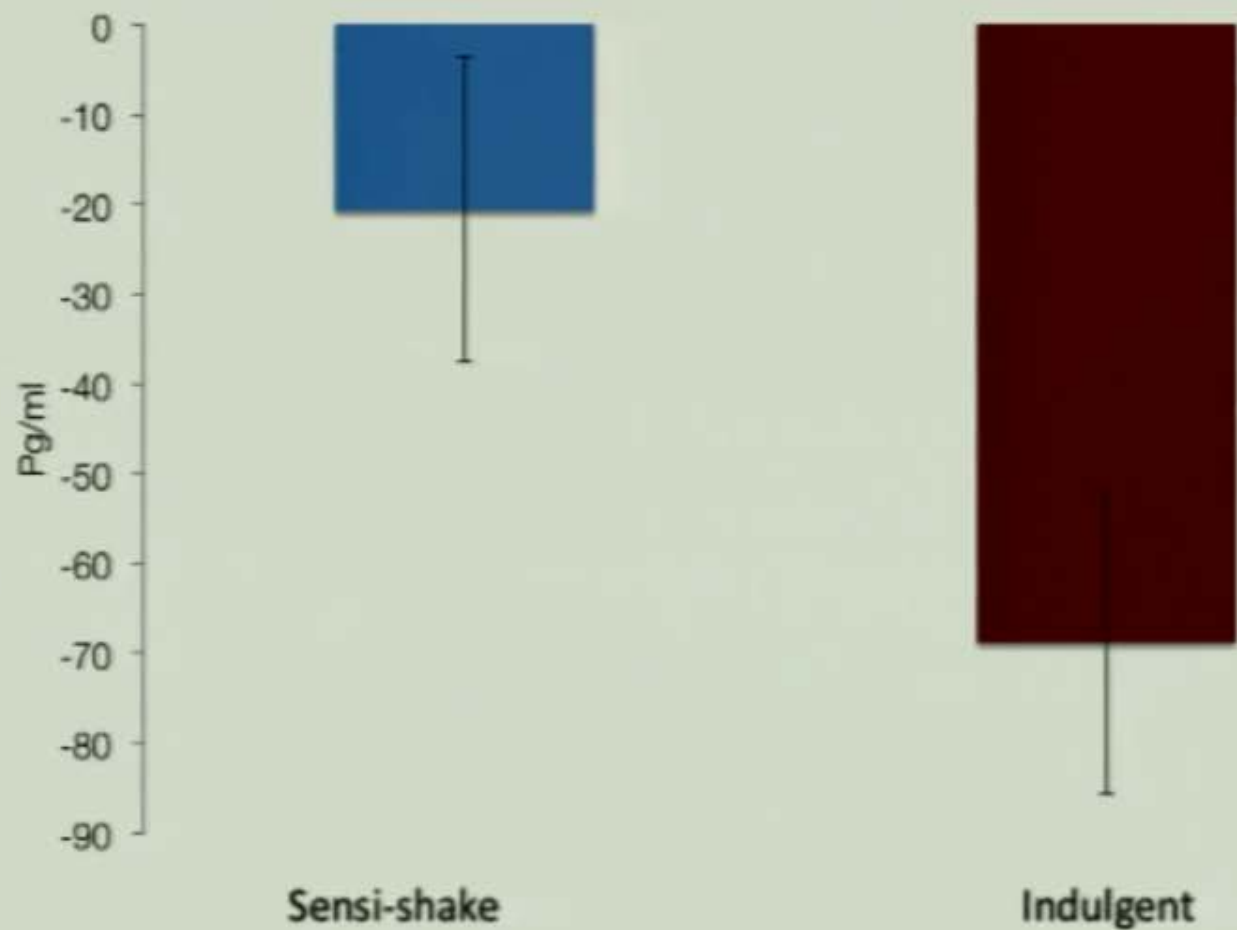
Indulge yourself with this rich and creamy blend of all of our premium ingredients - sumptuously smooth ice cream, satin whole milk, and sweet vanilla. It is heaven in a bottle and irresistibly gratifying.

**smooth, rich,
and delicious!**



1 26059 37827 0

Change in Ghrelin



The catch...


	“Sensi-Shake”	Actual	“Indulgence”
Calories	140	380	620
Total Fat	0g	13g	30g
Saturated Fat	0g	8g	18g
Cholesterol	5g	75g	115g
Sodium	200mg	136mg	460mg
Total Carbohydrates	20g	47g	63g
Sugars	20g	44g	56g
Fiber	0g	1g	2g
Protein	15g	19g	31g

**KEKUATAN PIKIRAN
BISA MERUBAH PROSES DI
TUBUH
ANDA**



BELIEVE – **THINK** – **EXPECT**






"A growing plague"
(Blythe, 1973)



STRESS!
Seeking Cures for Modern Anxieties

Stress is linked to the six leading causes of death (heart disease, accidents, cancer, liver disease, lung ailments, suicide)
- *American Institute of Stress*



"An epidemic"
(Wallis et al., 1983)

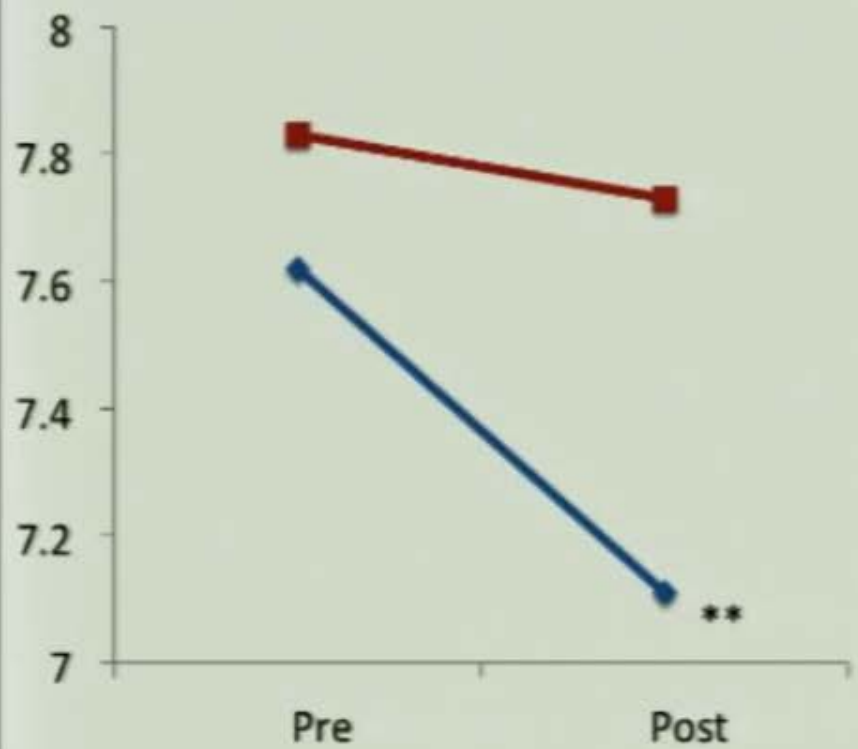
UNDERSTANDING
ANXIETY

Stress is considered America's number one health problem
- *World Health Organization*

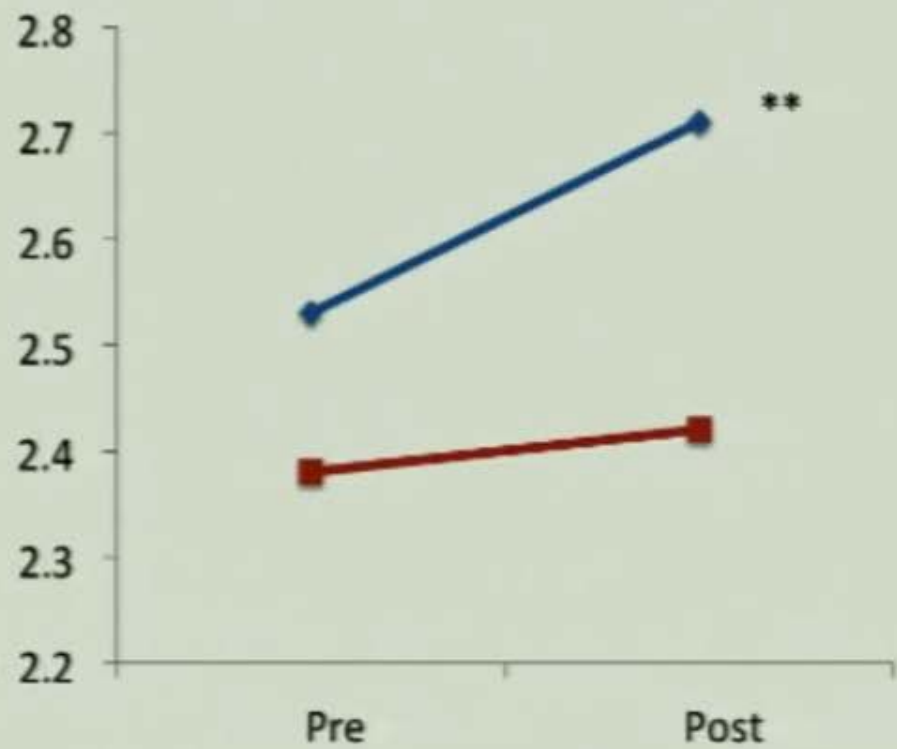
Now more than ever
are worrying ourselves

What scientists have learned
• The best ways to cope

Negative Health Symptoms



Work Performance



◆ Enhancing ■ Deteriorating

**KEKUATAN PIKIRAN
BISA MERUBAH
HIDUP ANDA**





MANAJEMEN PIKIRAN & TINDAKAN

sebab kita menginginkan **HASIL**



dan **HASIL** adalah buah dari **TINDAKAN**



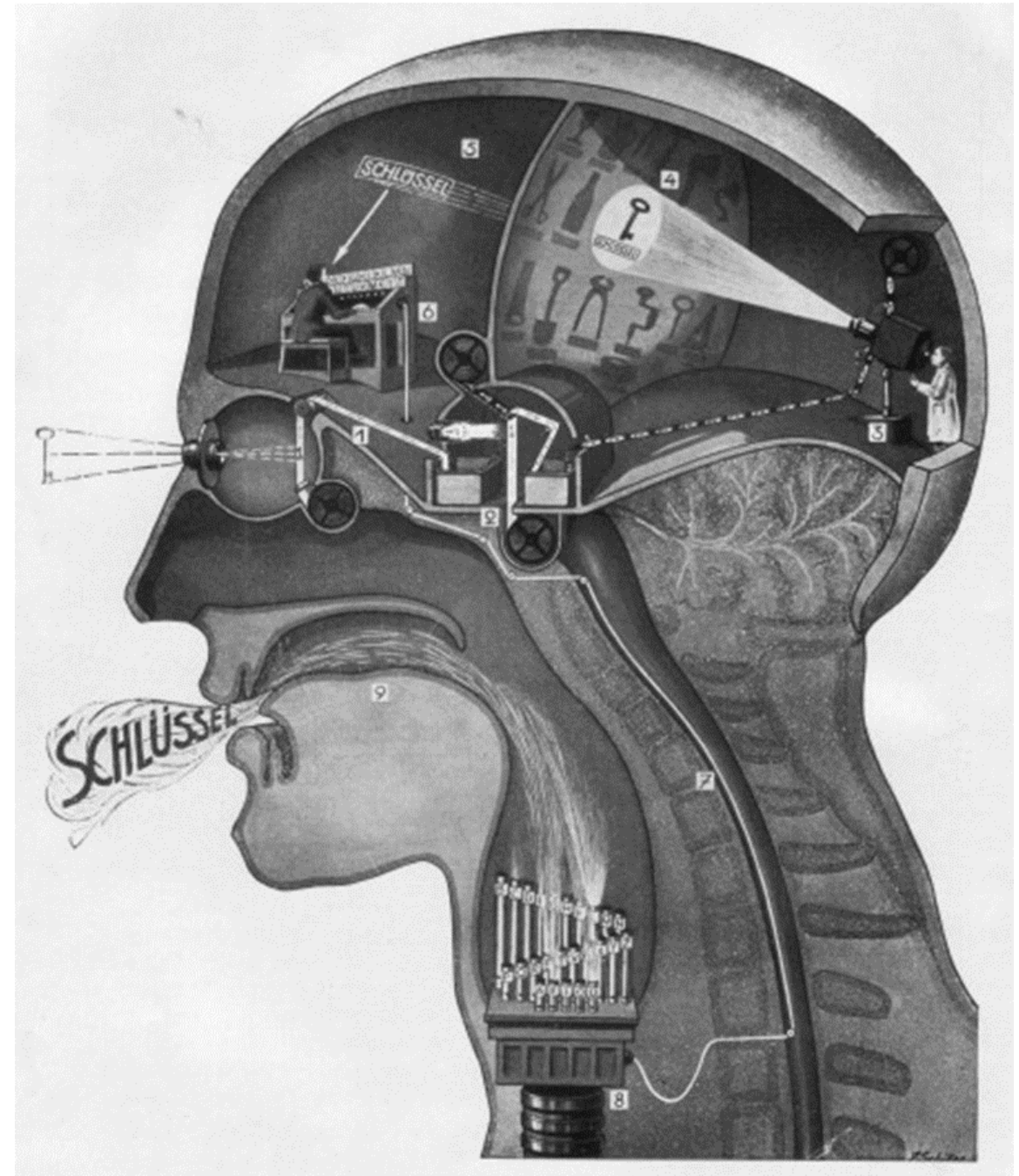
maka cermatlah terhadap **PIKIRAN**
yang menjadi bibitnya



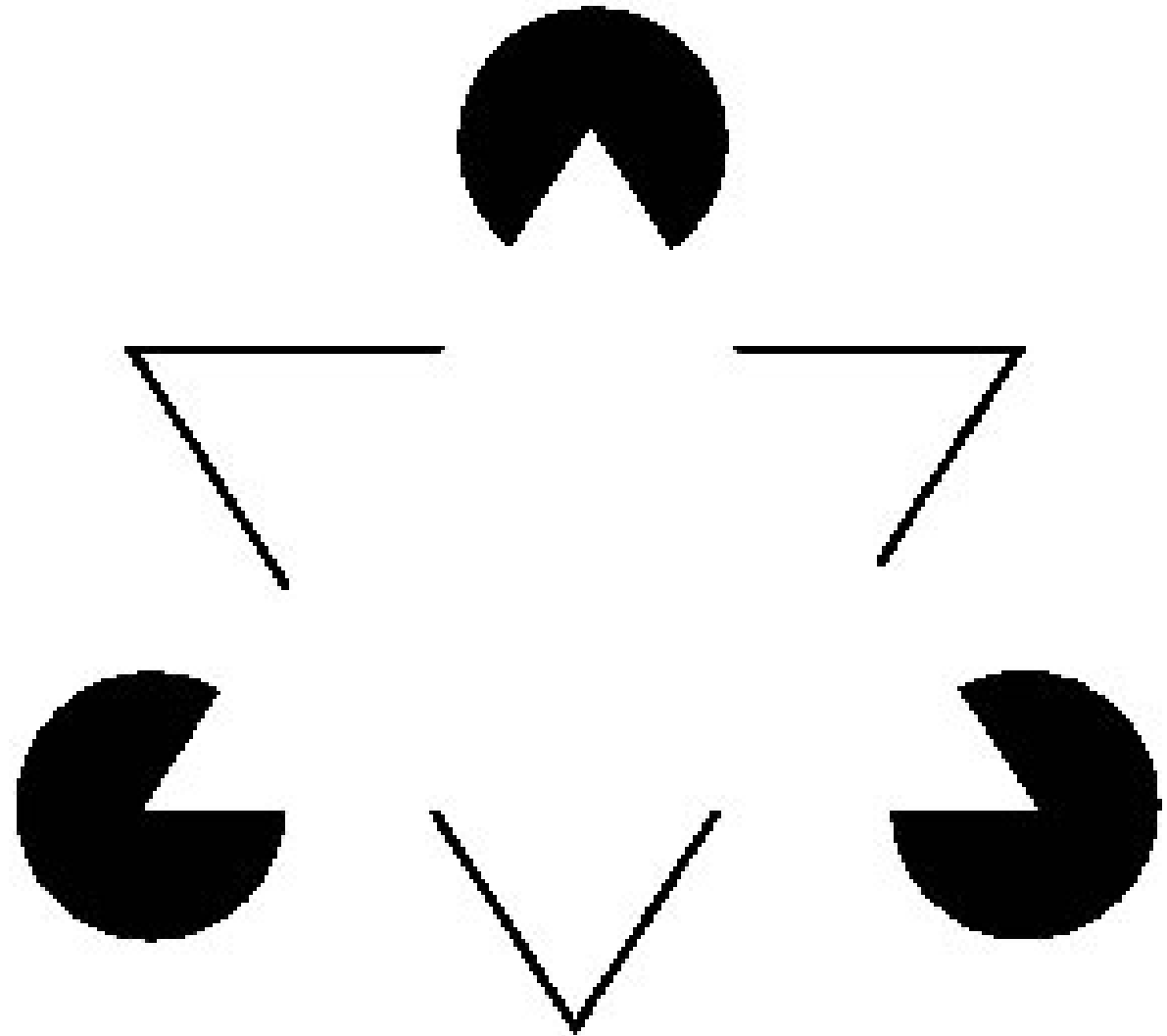
**MINDSET ANDA ADALAH
KUNCI MENUJU KESUKSESAN
ANDA!**



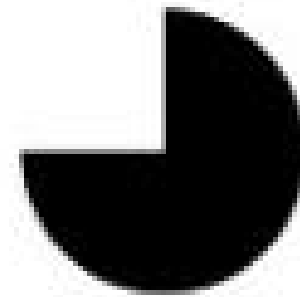
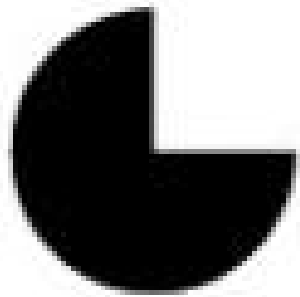
PROYEKSI PIKIRAN



PROYEKSI PIKIRAN



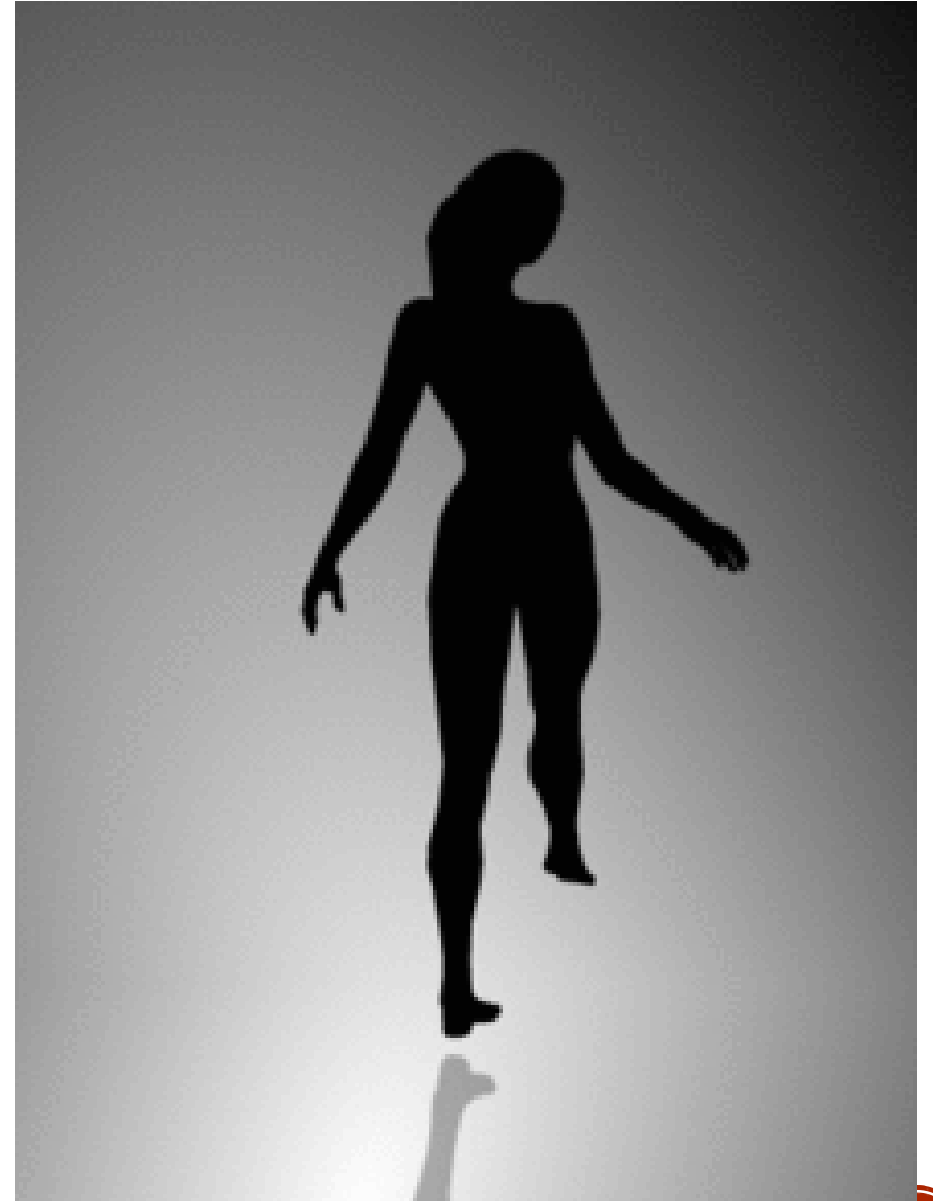
PROYEKSI PIKIRAN



PROYEKSI PIKIRAN



PROYEKSI PIKIRAN



**ANDA MELIHAT DUNIA
SEBAGAIMANA
PERSEPSI PIKIRAN ANDA**



**MINDSET ANDA
DENGAN SANGAT HALUS
MENGENDALIKAN
DIRI ANDA**



INFORMATION

See Hear Smell Taste Touch

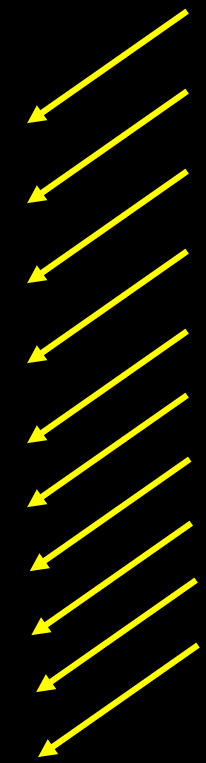
ONE
CONSCIOUS
MIND

TWO
SUB-CONSCIOUS
MIND

THREE
MATERIAL
MEDIUM



THE IMAGE
YOU
IMPRESS
UPON YOUR
SUB-
CONSCIOUS
MIND
CONTROLS
YOUR
MINDSET,
BEHAVIOR,
ATTITUDE

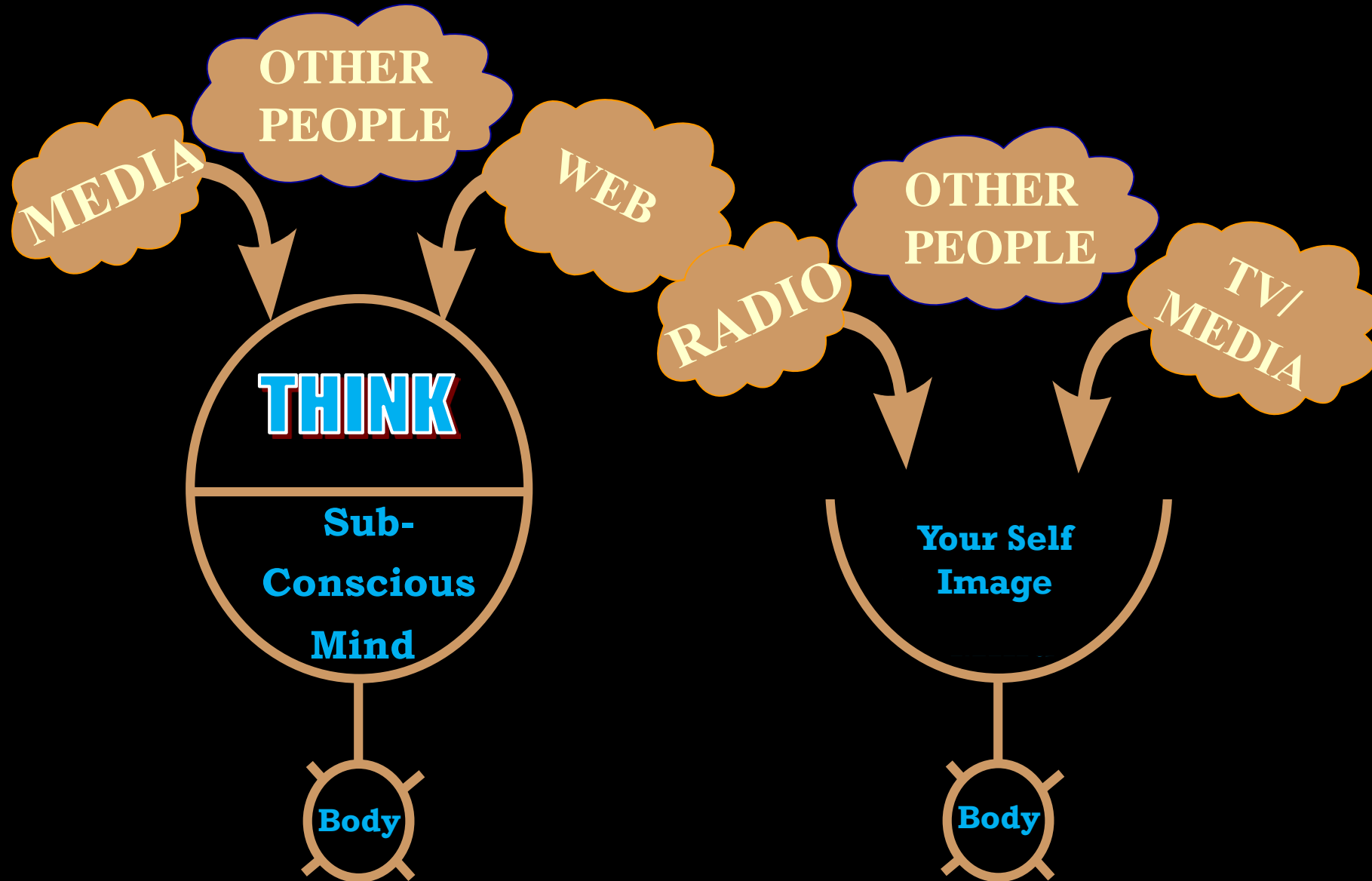


Results

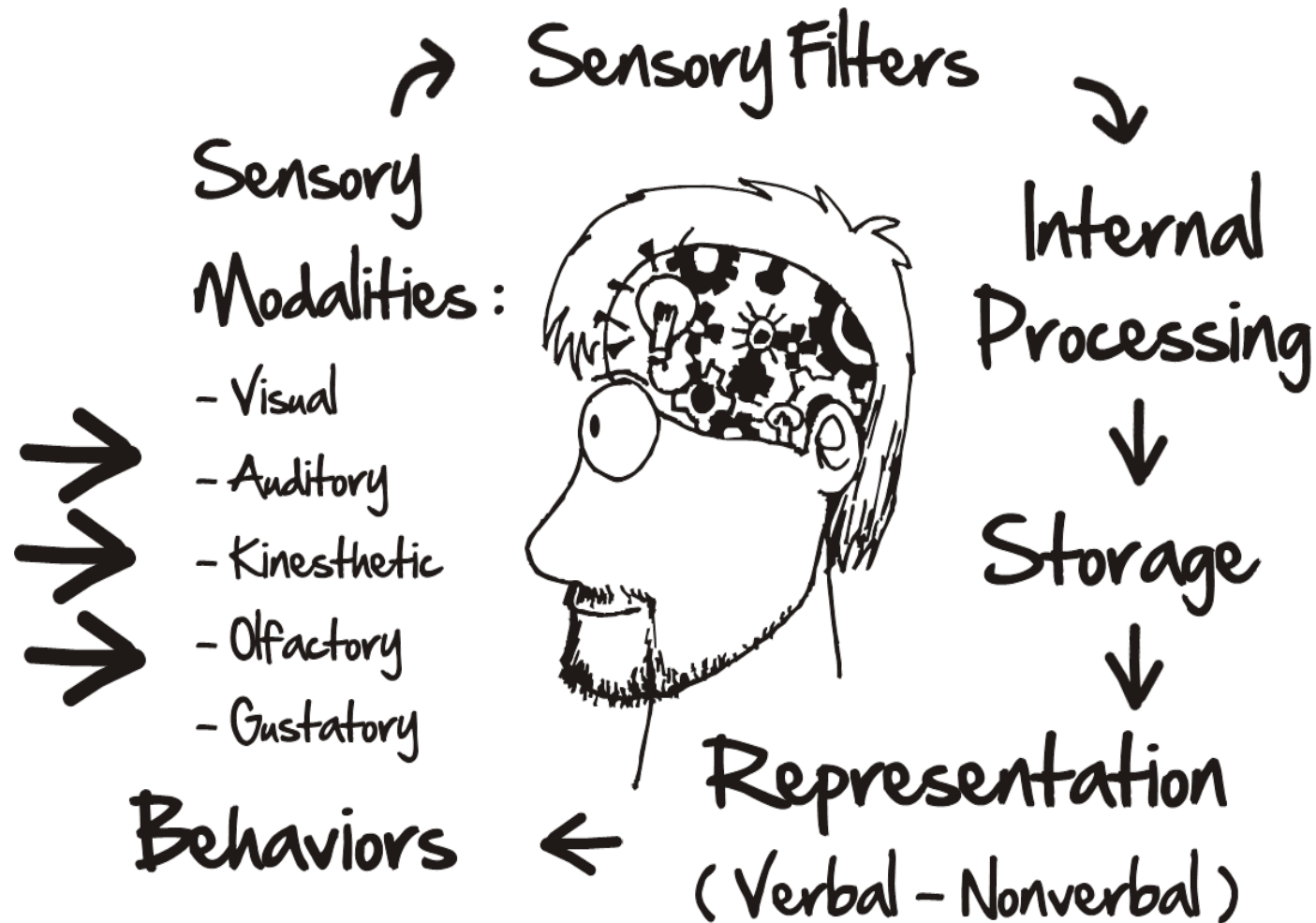


You Today

You As An Infant



Human Model of The World



APA ITU REALITAS?

APA ITU REALITAS?



REALITAS INTERNAL
VS
REALITAS EKSTERNAL



**JURUS
MERUBAH GPS
MERUBAH RENUNGAN**



**JIKA SAYA MERASA KALAH,
MAKA KALAHLAH SAYA,
JIKA SAYA MERASA TAKUT,
MAKA TAKUTLAH SAYA.**

**JIKA SAYA INGIN MENANG TAPI MERASA
TAK MAMPU,
HAMPIR PASTI SAYA AKAN KALAH.**



**JIKA SAYA MERASA GAGAL,
MAKA GAGALLAH DIRIKU,
KARENA SESUNGGUHNYA,**

SUKSES DIMULAI DARI NIAT.



**SEMUA TERGANTUNG PADA DIRIKU.
AKU HARUS BERGITA-CITA TINGGI.
AKU HARUS YAKIN PADA DIRIKU
SEBELUM AKU RAIH PIALAKU.**



**PERJUANGAN HIDUP TAK SELALU DIMENANGKAN
OLEH MEREKA YANG TERKUAT ATAU TERCEPAT,
CEPAT ATAU LAMBAT,**

**ORANG YANG
YAKIN DIRINYA BISA,
ITULAH YANG TAMPIL
MENJADI SANG JUARA!**



**BELAJAR DAN PRAKTEKKAN
SELARAS ANTARA PIKIRAN, TUJUAN, & TINDAKAN
KESUKSESAN AKAN MENJADI MILIK ANDA...**

FOLLOW
ME ON SOCIAL MEDIA

@FERDYDSAVIO

 2AEF28B5

Ferdy D. Savio
Mindset Coach

