



How to kill the “job stress” before it kills you, through NLP psychology

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Abstract:

Mr. Mohan a 35 yr old software executive came to my clinic and said “I am going through a very sad and bad period in my life when the work pressure goes up my works shut down automatically; I am suffering like this for the last 12years of my life. I also have been hit badly in the 2008 recession, from that day onwards; I had a fear of losing myself and attempting suicide at any time. I have assumed a new role in my organization, a lot of professional pull and pressure is splitting my head. I want to run away somewhere. I am doing well at the job but commitment is slipping and day by day the mounting stress in making my life very difficult, I do not know how long this will last. I am in the HR recruitment team in a software company driven by targets, sometimes I do best, some time I am lost. I do not feel like going to the job. Sometimes I feel like committing suicide, what should I do sir? Over 60 % of my young working couples client suffer from stress burn out syndrome. A high level of job stress and mounting commitment to work makes them ,a moving dead body to work. My analysis over (5000+)a decade with such cases point out the reason being, A majority of such clients have to choose a professional career to please their parent’s dreams, 50 % such cases have to choose career guidance accidentally without doing a thorough research of their capability to build a future career. They are paying a lifetime heavy price for the careless mistake done by them in the past. There are two main branches of Academic psychology: “ Research psychology” and “Applied psychology”, while the former works on experiments the latter work on applications on the individual of the society. In the last 2 decades, a new branch of psychology has emerged, known as ‘Positive psychology’ pioneered by Prof.Martin Seligman , University of Pennsylvania and former president of the American psychological association, The difference between an Academic psychologist and positive psychology is , the former goes to find a fault the latter focus on the remedial solution with positive thinking framework. NLP (neuro-linguistic programming) psychology has its root on Gestalt therapy and family therapy. A new appli-



cation school of psychology, found by Dr Bandler and Dr grind-er focus on the construction of new behaviour with the mind programming process. According to NLP psychology the society can be classified into three different(ACE) personalities 1) Art-istic 2) confirmative and 3)Emotive. , based on the parenting blueprint, when the baby ‘s inborn personality (ACE) matches the job profile they succeed excellently or if mismatched they fail miserably.

Biography:

Dr P T Sunderam is Pioneering Married couples Relationship Mentoring movement for the last 2 decades in India. He is CEO and Mentor of NTC academy . He has saved 25 k families through his online mentoring throughout the globe. He is graduate from Osmania university, he completed his MS (counselling and psychotherapy) and His Doctoral thesis is an Application study of NLP(neuro Linguistic Psychology) “ Sleeping disorder with prisoners” of Hyderabad central jail inmates. His mission is to empower 1 million young couples of the society His message is “ Edit your mind and rewrite your own story of life’ he can be approached at drusntrg@gmail.com, www.ptsmarriagegymwebinar.com.

Webinar on Stress and Depression Management; Barcelona, Spain; October 15, 2020

Citation: P T Sunderam; How to kill the “ job stress” before it kills you, through NLP psychology; Webinar on Stress Management; Barcelona, Spain; October 15, 2020