



The Silva Method™
Live life at your level

An Evolution Partner Organisation

SILVA METHOD Business Programme

The Business Programme is provided to organisations wishing to apply a holistic approach to improve all aspects of their business: -

- **Increased sales and increased profit**
- **Improved productivity and efficiency**
- **A happy well balanced workforce.**
- **Increased problem solving and creativity**

Content

A programme directed at self-empowerment providing the individual with life management strategies and tools.

Each participant learns to do their thinking at the optimum brain level and apply a system of learned techniques.

By the end of the programme the participant has learned to:

- 1. Relax more physically and mentally**
- 2. Sleep and rest better to aid an improvement in health and an increase in productivity**
- 3. Set and achieve realistic goals**
- 4. Solve problems more easily – both personal and business**
- 5. Use visualisation and imagination to be more creative**
- 6. Control unwanted pain e.g. tension headaches as well as unwanted habits**
- 7. Concentrate and focus better on a given task**

The individual needs of the company and individual goals are used when applying the tools and techniques to maximise the overall benefits. What we have found is that there are major benefits for both the company and individuals within the workforce such as

Leaders can expect their people to: -

- 1. Play a more active role in the department with regard to both the setting and achieving of goals.**
- 2. Demonstrate problem solving on an individual and team basis.**
- 3. Be more motivated, self-confident and creative.**