

BSL & associates

Coach - Trainer - Mind Therapist



Bobby S. Laluyan



**CERTIFIED INTERNATIONAL
PROFESSIONAL COACH**



Certified & Licensed Practitioner
NLP Society
Richard Bandler Ph.D



Certified
Emotional Skill & Competence
Gordon Emmerson Ph.D.



Certified ACMC
(Association Certified Meta Coach)
Michael Hall Ph.D.



Certified
Micro Expression
DR. Paul Ekman



Certified
Hypnotherapist
National Guild of Hypnotist



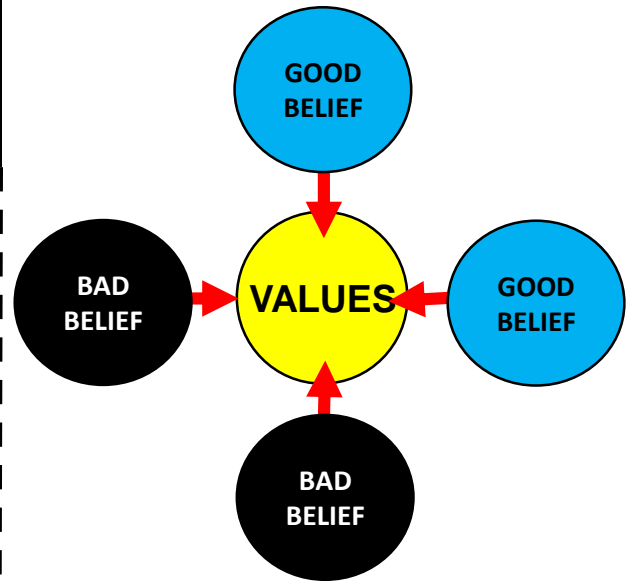
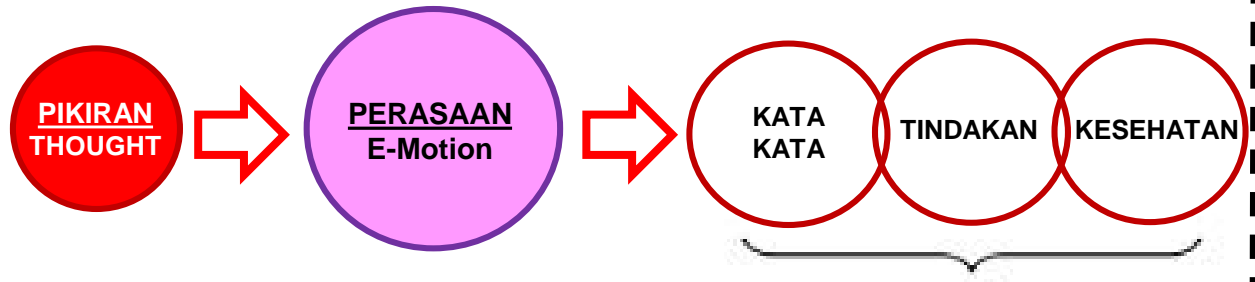
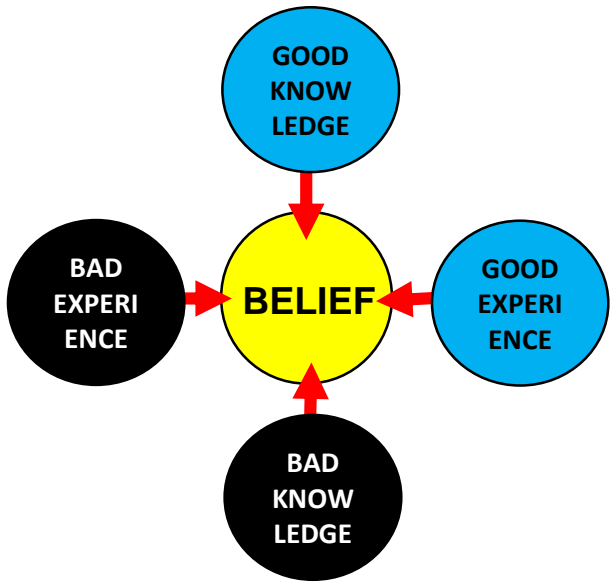
Certified
Psychobiometric analysis
Spectrum Talent



SELF DECOMPRESSION THERAPY

STRESS RELIEF

by : Bobby S. Laluyan



FRAMING :

- Belajar Bersama : share yang berguna bagi orang lain
- Ngopi : santai bermanfaat tanpa tambah stress
- Call me Coach during class session

WHY IT'S INTERESTING :

- ❖ Ilmu yang tidak kadaluwarsa
- ❖ Selaras dengan religi
- ❖ Based on Scientific Approach
(Dikembangkan oleh pakar-pakar Psikologi)
- ❖ Helping my Peaceful Life

GOALS : Advance : (setelah tau dan mengerti)

- Mampu memberikan makna baru pada kejadian sehingga memiliki arti yang baru
- Mampu memisahkan masalah dan emosi
- Tau “**BAGAIMANA**” datangnya emosi
- Tidak men *denial* emosi, tapi mampu mengelola (emosi positif dan negatif ada baik dan buruknya)
- Mampu mengukur skala emosi
- Mampu memutuskan seberapa lama kita mengizinkan emosi tsb tinggal dalam diri

BENEFITS :

- ✓ Sehat Pikiran
- ✓ Sehat Jasmani
- ✓ More Energi
- ✓ Good Communicator
- ✓ Good Relationship

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✓ **More than 45 years
Work Experience in
Companies :**

- Astra Group
- Triputra Group
T.P. Rahmat
- Indomobil Group
- Rumah Perubahan
Prof. Rhenald Kasali Ph.D
- BSL Associates
- SUGAR FACTORY

✓ **Career Path :**

- Staff
- Coordinator
- Supervisor
- Ass. Manager
- Manager
- Branch Manager
- Senior Manager
- General Manager
- Marketing Director
- Human Resources
Director

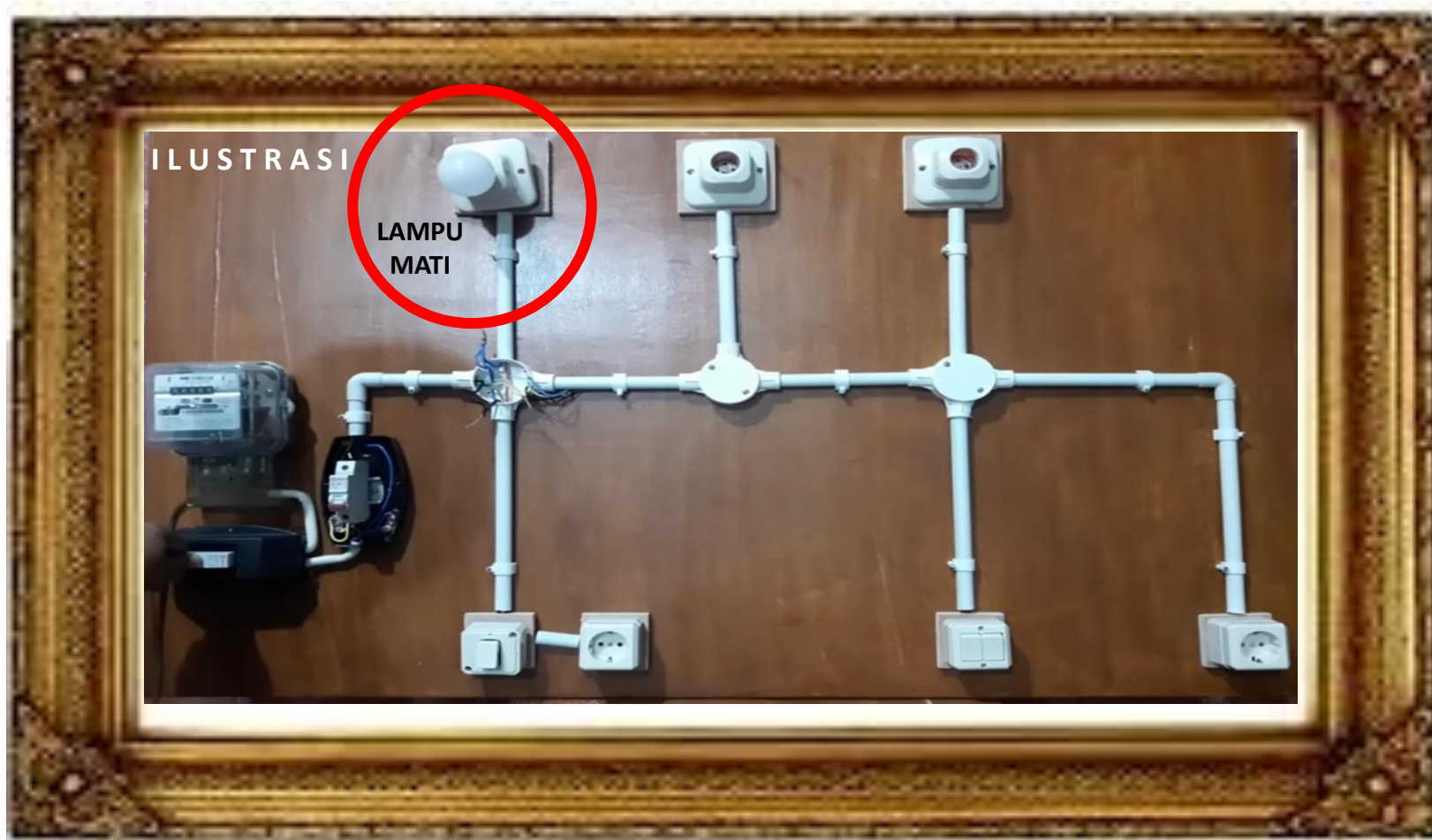
✓ **Cross Function**

- HRD
 - Recruitment
 - Personnel Admin
 - Remuneration
 - Training
 - People Development
 - Industrial Relation
- External Relation
- Customer Service
- Sales
- Marketing
- Faculty Member
- Consultant HR

FRAMING & GOALS

PAHAM
CARA
KERJA
PIKIRAN

TAU
CARA
KELOLA
EMOSI



TAU CARA
BERDAMAI
DENGAN
DIRI

BUKAN
SUMBER
MASALAH
BAGI
ORANG
TERDEKAT

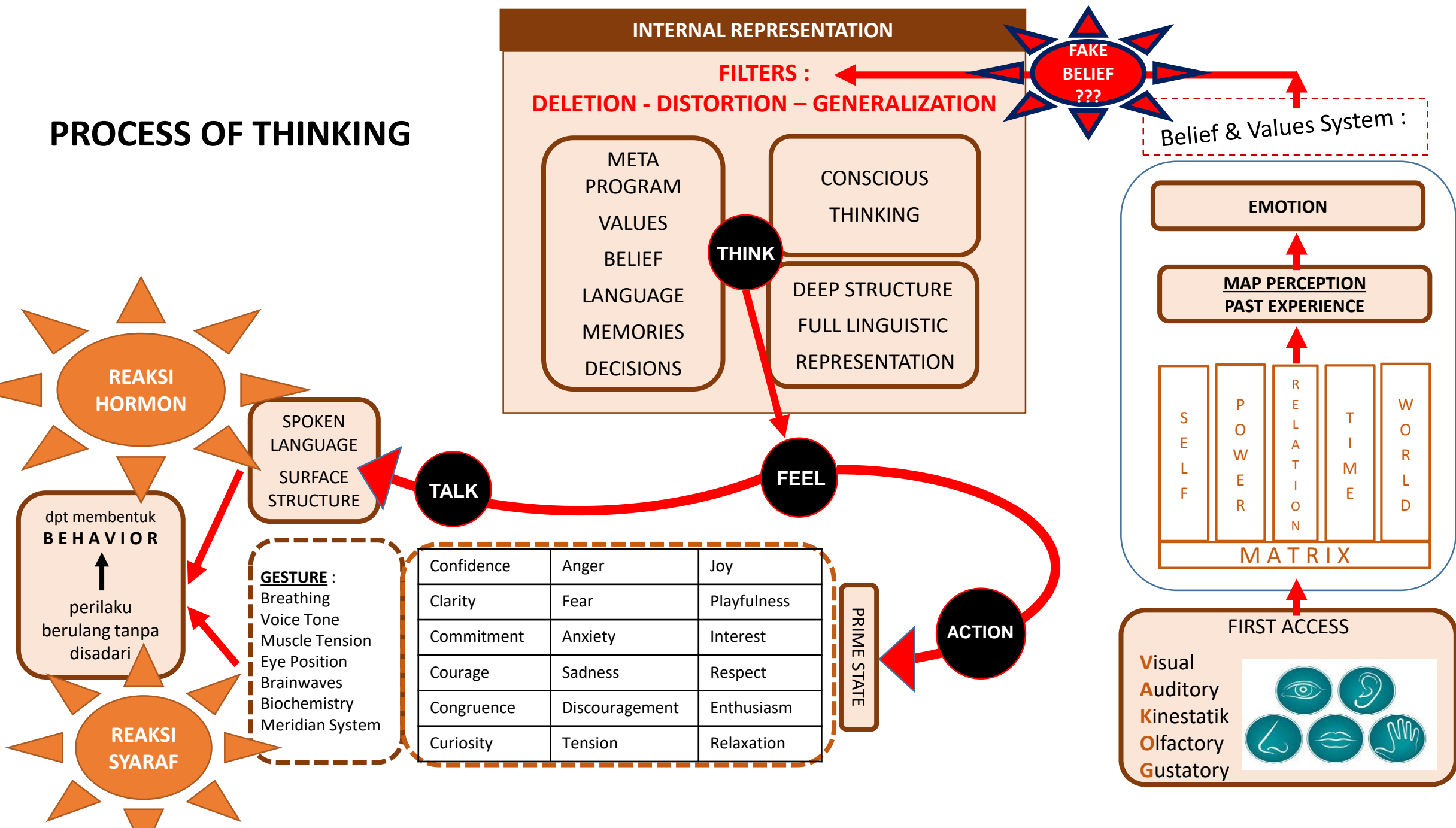
MAMPU MEMAKNAI MASALAH DAN PUNYA ALTERNATIF SOLUSI



THE POWER OF MIND

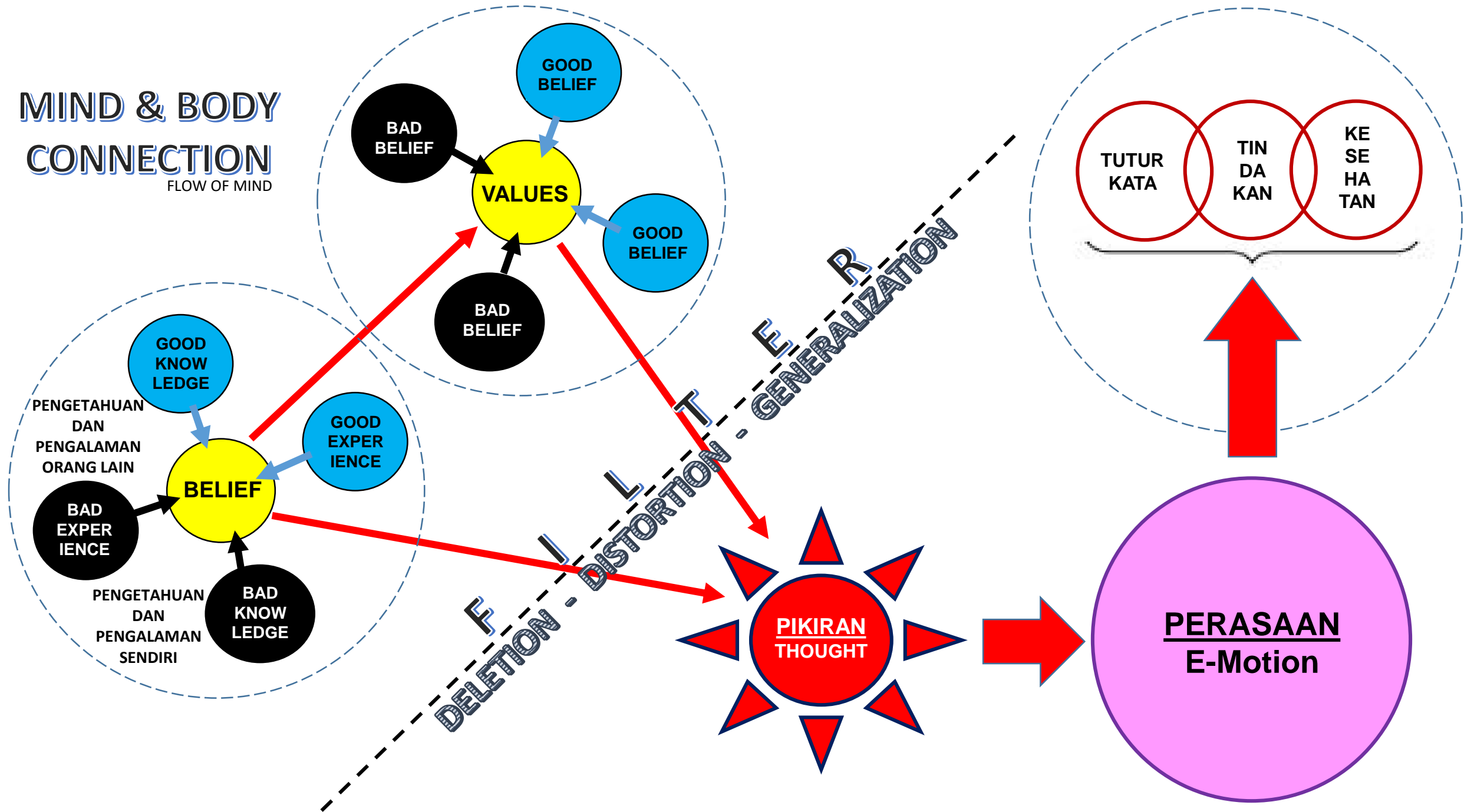
GWEN WINARNO
HOLISTIC HEALTH COACH

PROCESS OF THINKING



MIND & BODY CONNECTION

FLOW OF MIND



III. RESULTS OF COMPARING THE PERFORMANCE OF THE SOFTWARE AND HUMAN

After the data gathering process, the conversations between the software and participants were analyzed by a NLP practitioner (human). The results were compared to the software for examining the accuracy of the software's results and evaluating its performance. The software identified 904 deletions, 328 distortions and 452 generalizations. The number of deletions identified by the NLP practitioner, on the other hand, were 703, in addition to 542 distortions and 351 generalization. In other words, 54% of the recovery questions by the software were related to deletion, 19% were related to distortion and 27% were related to generalization, as demonstrated in Fig. 3.

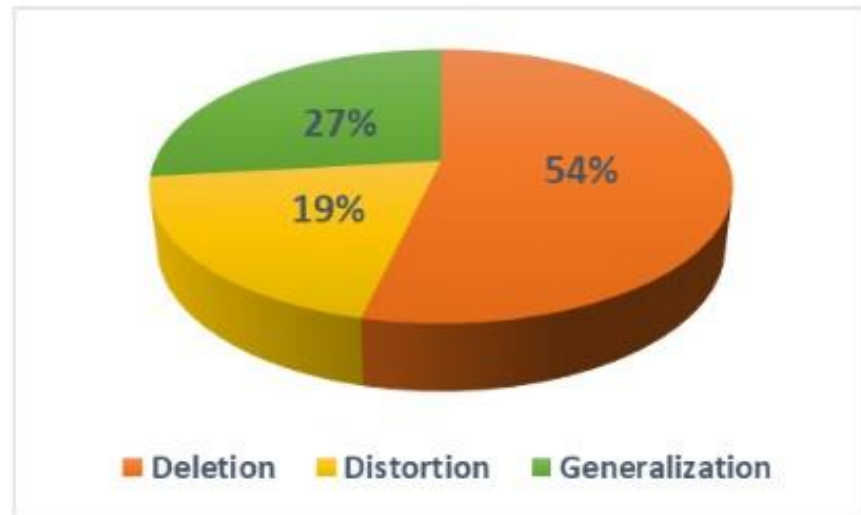
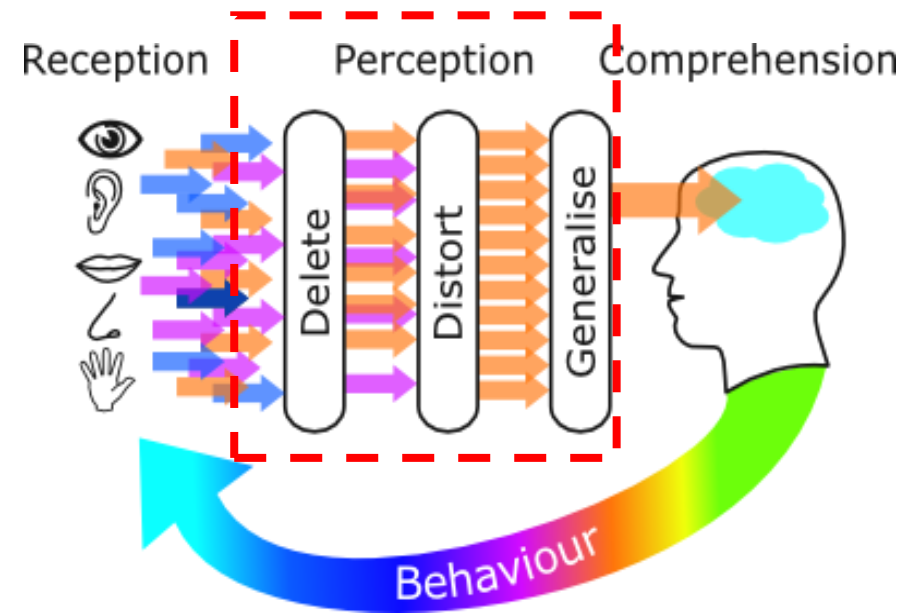


Fig. 3. Number of recovery questions about deletion, distortion and generalization, asked by the software



Distortion (distorsi): membesar-besarkan atau menambahi salah satu aspek.

Generalization (generalisasi): menghilangkan detail dari realitas, membuatnya bersifat umum.

Deletion (penghapusan): menghapus sebagian realitas.

EMOSI POSITIF
MEMBUAT
HIDUP
PENUH MAKNA

E-MOSION

ENERGY MOTION

EMOSI NEGATIF
SANGAT
MENGHABISKAN
ENERGI

Emosi Positif	Emosi Negatif
 <ul style="list-style-type: none">▪ <i>Eagerness</i> (rela)▪ <i>Humor</i> (lucu)▪ <i>Joy</i> (kegembiraan/keceriaan)▪ <i>Pleasure</i> (kesenangan/kenyamanan)▪ <i>Curiosity</i> (rasa ingin tahu)▪ <i>Happiness</i> (kebahagiaan)▪ <i>Delight</i> (kesukaan)▪ <i>Love</i> (rasa cinta/kasih sayang)▪ <i>Excitement</i> (ketertarikan/takjub)	 <p>MENGAPA HIDUPKU TERASA KOSONG HATIKU TERASA HAMPA ?</p> <ul style="list-style-type: none">○ <i>Impatience</i> (tidak sabaran)○ <i>Uncertainty</i> (kebimbangan)○ <i>Anger</i> (rasa marah)○ <i>Suspicion</i> (kecurigaan)○ <i>Anxiety</i> (rasa cemas)○ <i>Guilt</i> (rasa bersalah)○ <i>Jealousy</i> (rasa cemburu)○ <i>Annoyance</i> (rasa jengkel)○ <i>Fear</i> (rasa takut)○ <i>Depression</i> (depresi)○ <i>Sadness</i> (kesedihan)○ <i>Hate</i> (rasa benci)

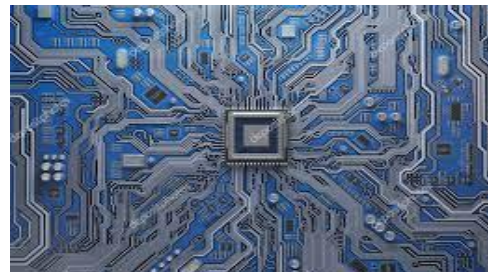
PIKIRAN & HORMONAL



ORGAN DALAM OTAK BESAR YANG BERFUNGSI MENGATUR
EMOSI DAN **INGATAN** YANG BERHUBUNGAN DENGAN RASA
TAKUT DAN BAHAGIA



- ENDORFIN
- DOFAMIN
- SEROTONIN
- OKSITOSIN

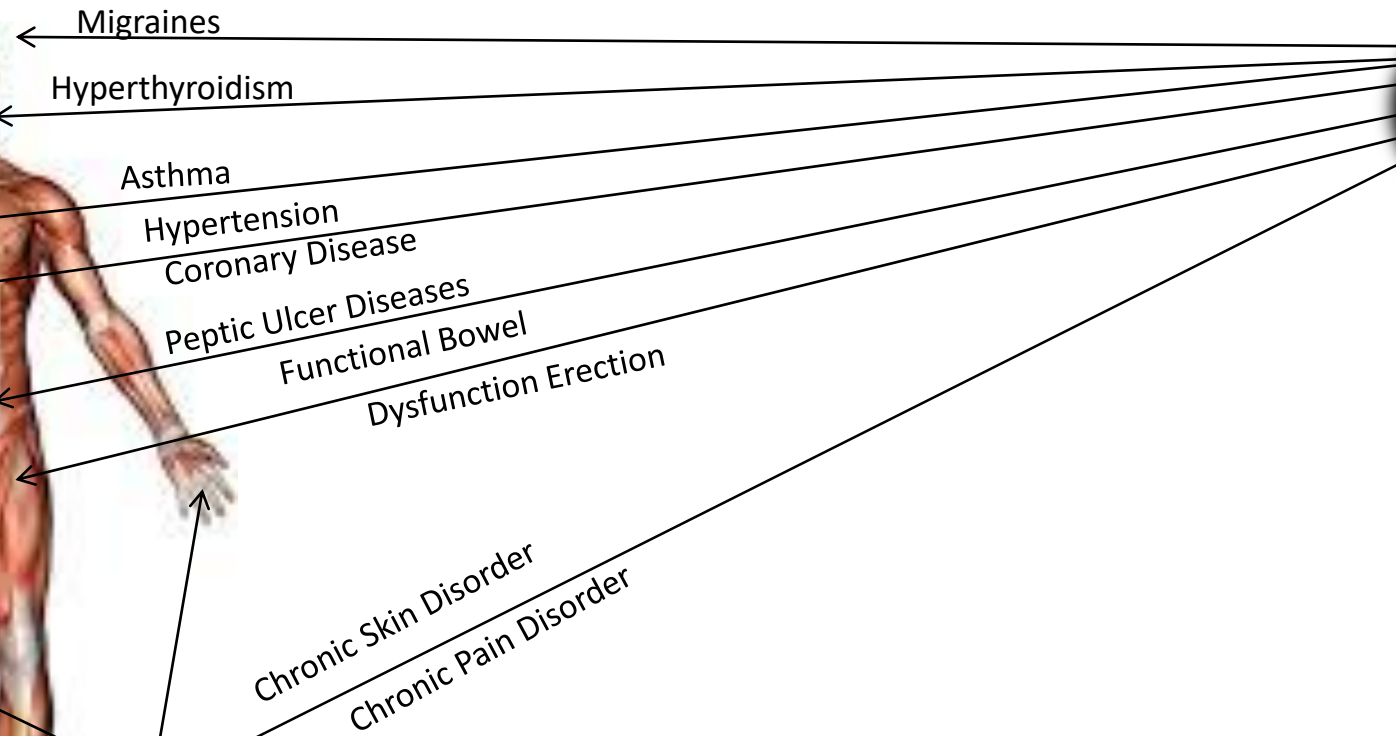
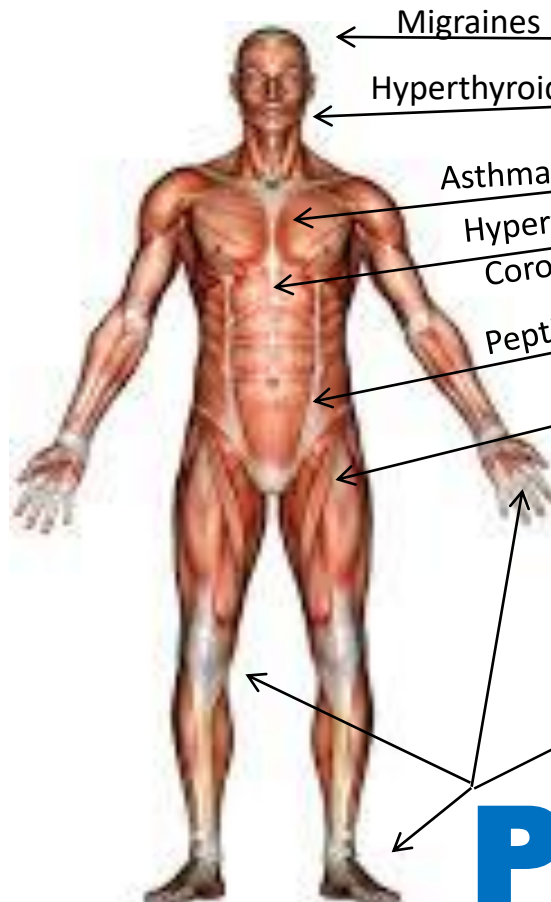


AUTOMATIC MODE



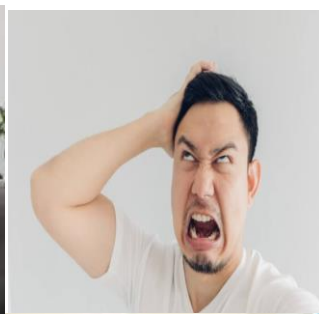
- CORTISOL
- CATECHOLAMINE
- NOREPINEPHRINE
- ADRENALIN

PIKIRAN – PERASAAN - HORMON & KESEHATAN



PSYCOSOMATIC

EMOSI NEGATIF AKAN MEMICU TERLEPASNYA HORMON STRESS SEPERTI **CORTISOL** dan **CATECHOLAMINE**



WHAT
CAN I DO?



TAMBAH

GOOD
KNOWLEDGE



MAKNAI
SEMUA
KEJADIAN

**TIDAK MUDAH
UNTUK
MENAKLUKAN EMOSI**

ALIGN OUR POINT OF VIEW

BIASAKAN MELIHAT DENGAN



DIAMOND PERSPECTIVE

BIASAKAN MELIHAT



WHAT BEHIND

TIDAK HANYA MELIHAT



DARI PERSEPSI DIRI SENDIRI

ALIGN THE TIME PERIOD

**SUDAH
TERJADI**



**BELUM
TERJADI**



PAST

TODAY

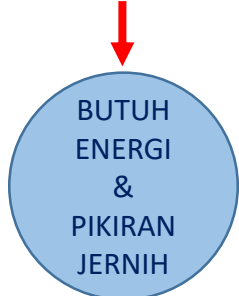


FUTURE

let your past make you better, not bitter

lets do not judge

BANYAK MASALAH
YG PERLU SOLUSI



**SEDANG
TERJADI**



BANYAK PELUANG
YG DAPAT DIRAIH

SORT & CHOOSE

TIDAK SEMUA
MASALAH
ADALAH MASALAH



MASALAH DAN EMOSI
BISA MENJADI SATU
NAMUN DAPAT
DIBEDAKAN

MASALAH SEMAKIN
TERASA BESAR & KUSUT
MENGIKUTI
EMOSI NEGATIF

MASALAH DAN EMOSI
SE RINGAN TISSUE
AKAN TERASA BERAT
JIKA DIBIARKAN LAMA

EMOSI YANG MUNCUL
BIASANYA AKAN DIKUTI
OLEH EMOSI" LAINNYA
DAN AKAN SEMAKIN

MEMBESAR / MENGECIL / BERGANTI
MENGIKUTI PERSEPSI

BIJAKSANA MEMAKNAI



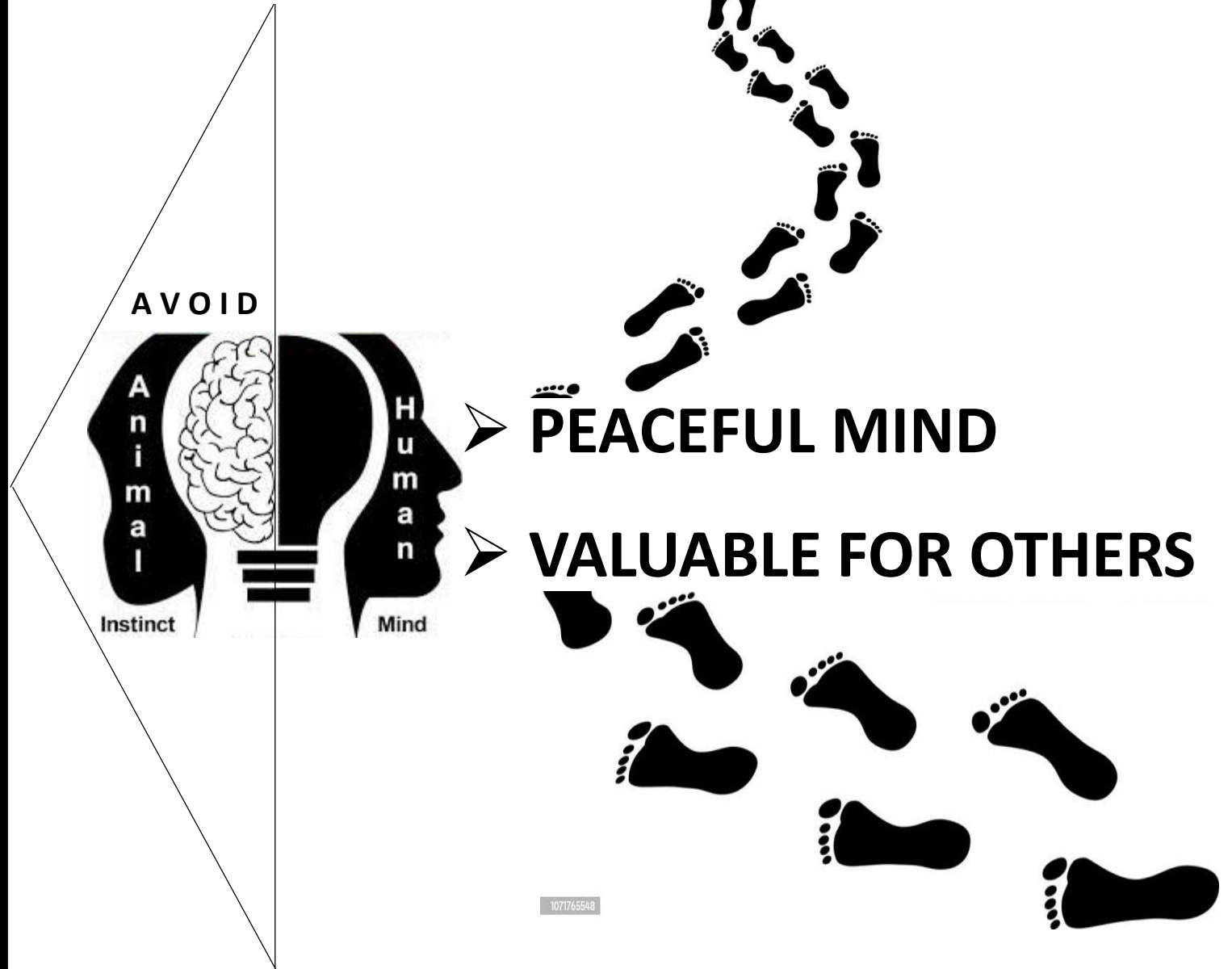
STIMULUS

PANCA INDERA

KARENA DIDALAMNYA TERDAPAT
PENGETAHUAN & PENGALAMAN
YANG DIPERSEPSIKAN

AVOID OUR ANIMAL INSTINCT

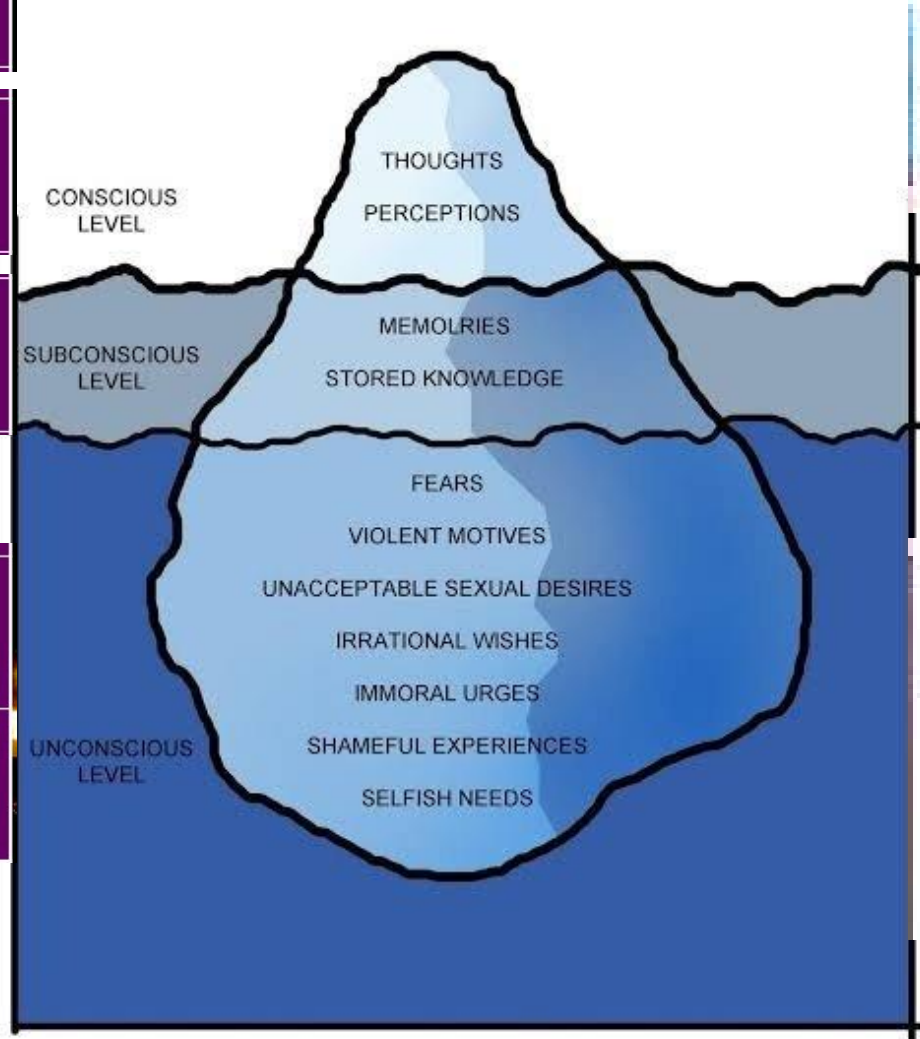
- **FIGHT OR FLIGHT**
- **+ dan x MAU**
- **- dan : OGAH**
- **UNTUNG SENDIRI**
- **SELAMAT SENDIRI**



SELF TALK IN ALPHA CONDITION

GELOMBANG	KONDISI	HORMON YG DIPRODUKSI	EFEK
Beta (14 – 100 HZ)	Menggunakan otak kiri dan/pikiran sadar: analitis, logika, rasional, konsentrasi	Kortisol, norepinefrin	Cemas, khawatir, stres, takut, depresi
Alpha (8 – 13,9 Hz)	Mengakses otak kanan dan/ pikiran bawah sadar	DHEA, serotonin, endorfin	Nyaman, tenang, puas, bahagia, syukur, ikhlas
Theta (4 – 7,9 Hz)	Sangat Khusuk, meditatif, tidur bermimpi, intuitif,	Melatonin, katekolamin, arginine vasopressin	Kreatif, integratif, imajinatif, ikhlas
Delta (0,1 – 3,9 Hz)	Tidur lelap tanpa mimpi, non-physical state	Human Growth Hormone	Tak ada pikiran dan perasaan, cellular regeneration

Freud's View of the Human Mind:
The Mental Iceberg



Pikiran Sadar 12%

- *Analisis, Ego, Stress, dll*
- *Gelombang Otak Beta*

Pikiran Bawah Sadar 88%

- *Netral, Sugestif, Relaks, dll*
- *Gelombang Otak Alpha & Theta*
- *Fokus*
- *Menyimpan Berbagai Pengalaman*

SELF TALK FOR SUGGESTION

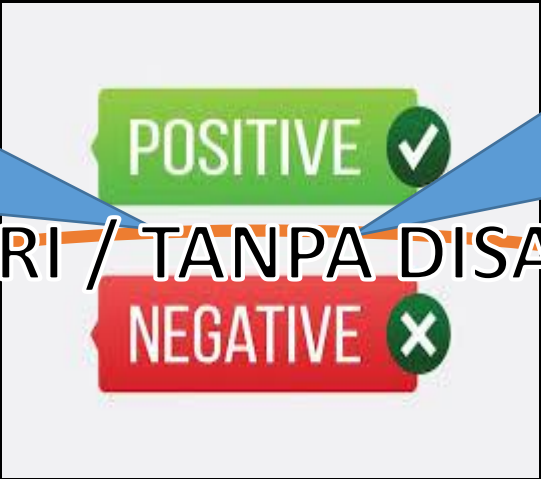
DARI DALAM DIRI SENDIRI

- SELF TALK
- KEJADIAN / TRAUMA
- INFORMASI
- KEBIASAAN LAMA

DARI LUAR / LINGK SEKITAR

- FIGUR OTORITAS
- KEJADIAN / TRAUMA
- INFORMASI
- KEBIASAAN LAMA

DISADARI / TANPA DISADARI



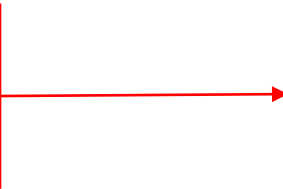
area pikiran bawah sadar

area pikiran bawah sadar

SUGGESTI

PRODUK HIPNOSIS

SUGESTI
Generate Belief



BELIEF
Generate Action

FREEDOM TO CHOOSE

☺
you decide



DECIDE HOW DEEP & HOW LONG



you decide

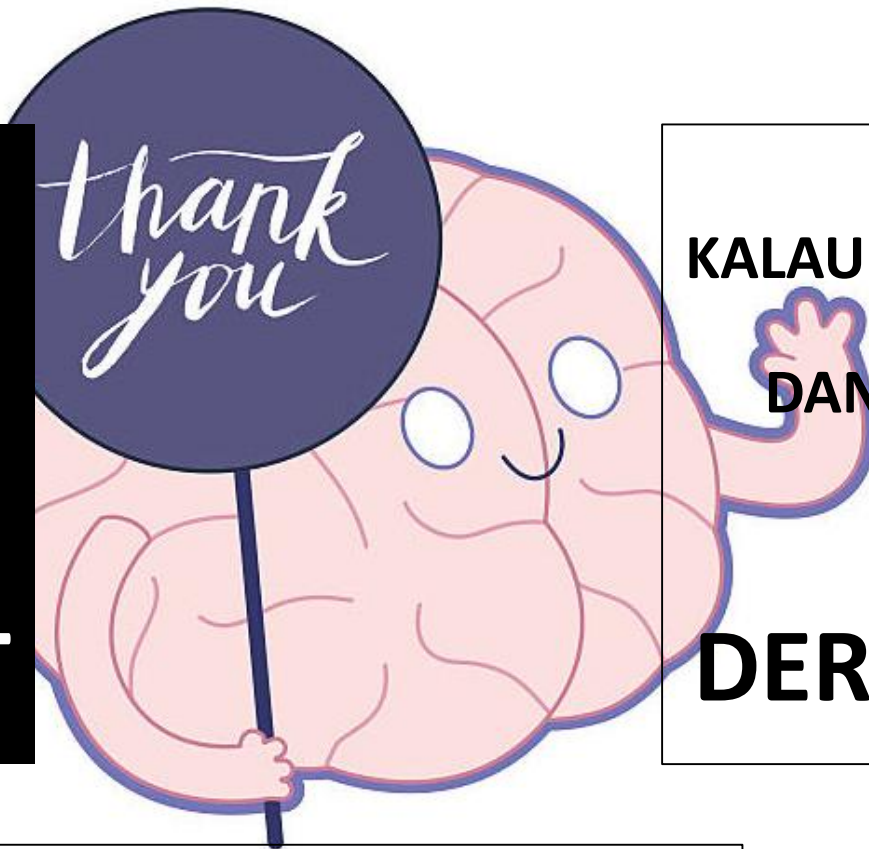
HOW DEEP

0	NO PAIN	😊
1	VERY MILD	😊
2	DISCOMFORTING	😊
3	TOLERABLE	😊
4	DISTRESSING	😐
5	VERY DISTRESSING	😐
6	INTENSE	😐
7	VERY INTENSE	😐
8	SEVERE	😐
9	VERY SEVERE	😐
10	WORST POSSIBLE PAIN	😐

HOW LONG

HOUR | DAY | WEEK | YEAR | FOREVER...

KALAU TIDAK TAU
DAN ITU DILAKUKAN
NAMANYA
APA BOLEH BUAT



KALAU SUDAH TAU
DAN ITU DILAKUKAN
NAMANYA
DERITA LOE AJA

DAN SEKARANG KITA SEMUA
SUDAH TAU