

Fine Focal Technique

Goals



Many people feel as if they're drifting in the world. They work hard, but they don't seem to get anywhere worthwhile. Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. By knowing precisely what you want to achieve, you know where you have to concentrate your effort.

- S - Specific (or significant)
- M - Measurable (or Meaningful)
- A - Attainable (or Action - Oriented)
- R - Relevant (or Rewarding)
- T - Time-bound (or Trackable)

Think Positive, Feel Positive, Be Positive

As we start thinking more positive, feeling more positive, and interactive with others in a more positive manner, we will start the cycle of attracting more positive into our life.

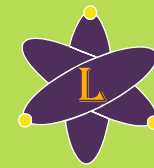
Performance Analysis and Adaptive Technique

Meaning

A performance analysis methodology is a procedure that you can follow to analyze a system or application performance. These generally provide a starting point and then guidance to root cause, or causes.

Methodologies documented in more detail on this site are:

- USE Method : for finding resource bottlenecks
- Tsa Method : for analyzing application
- OFF- CPU Analysis : analyzing any type of thread wait latency
- Active Benchmarking Method : for accurate and successful benchmarking



LEDAMA
transcending dreams to reality

Art Of Learning Classes
Classes For Age Group of 12 - 18



Center:

No.79, Lal Bahadur Colony, Peelamedu,
Avinashi Road, Coimbatore - 641 004

Branch:

No. 97 - 100, 3rd floor, Pathy's Tower,
Kattoor Street, P.N.Palayam,
Coimbatore - 641 037

About Us

Ledaa, According to Greek Mythology stands for the first Divine Mother, elegant for passionate love and divinity. A Decade ago, Ledaa was conceptualized to aid students to face competitive examinations. Today we stand by our commitment to train students, to transcend the dreams of growing students populace into a reality.



Vision

To be a leading centre of educational services in India offering best in class education to be the student society.

Mission

To provide consistent quality education through excellent teaching and coaching / mentoring regular test feedback and shaping the students in every aspect of professional education and making team shine and win with knowledge and quality.

Addressing Students to securing success in Examination, Techniques & Methodology

“Art of Learning” Classes for the students in the age of 12 - 18. This program helps students focus in studies, stimulate learning habits, orienting successful personality traits and becoming of a valued personality.

The first session of our program is offered at a free of cost for the children enabling them to understand the nuances of learning.

The students can also avail to-one session with prior appointments at our center. Our session includes:

~ **EFT - Methods - Emotional Freedom Technique**

~ **FFT - Value - Fine Focal Technique**

~ **PAT - Analysis - Performance Analysis Adaptive Technique**

~ **PG - Personality Grooming**

*“Dreams”
is not what you see in sleep
is the thing which doesn't let you sleep*

- A.P.J. Abdul Kalam

Emotional Freedom Technique

Meaning

Emotional Freedom Techniques, or EFT (often known as Tapping or EFT Tapping), is a universal healing tool that can provide impressive results for physical, Emotional, and performance issues.

The EFT premise also includes the understanding that the more unresolved emotional issues you can clear, the more peace and emotional freedom you will have in your life.

Why choose this form of Therapy

- ★ It is a positive, proactive experience
- ★ Often works where nothing else seems to
- ★ Usually rapid, long lasting relief from symptoms
- ★ Can be self applied (some cases are more complex, however, and may require more detailed attention fro an experienced EFT practitioner

