

Sabit Rayhan Profile



Sabit Rayhan is a professional Mind Trainer and Author. Founder of Sabit International and Chairman of Fit Life Limited. He Worked as a mind trainer for major companies of Bangladesh including ACI, Suvastu Properties Limited, United Group and Bangladesh Cricket Board (BCB).

About Sabit Rayhan



Sabit Rayhan
*Founder and Managing Director
Sabit International*

Sabit Rayhan is the founder of Sabit International who has designed a very powerful training program named "Train your Brain for Maximum Success".

In this very powerful training program, You will experience the essence of Sabit Rayhan's experience of powerful high examination of your life and its grant possibilities.

"Train your Brain for Maximum Success" is the combination of all he has learnt about empowering human Minds and the tools that you need to make your life extraordinary. His dynamic Training Methods combined with his empathetic approach to human transformation have made him a very influential coach, and mentor.

You will learn to immediately break through your self-impose limitations, create lasting change and condition your Mind for a life time of constant and never ending fulfillment.

Our Services



Mind Training for Athletes.

Our Mind training course for athletes covers a range of topics to help them develop strong mental resilience and performance. Here's the fundamental course outline:

1. Introduction to Sports Psychology:

- Understanding the importance of mental training in sports.
- Overview of common mental challenges athletes face.

2. Goal Setting:

- Setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals.
- Creating short-term and long-term goals for athletic improvement.

3. Visualization and Imagery:

- Using mental imagery to enhance performance.
- Visualizing success and positive outcomes.

4. Self-Talk and Positive Thinking:

- Developing positive self-talk and managing negative thoughts.
- Using affirmations and constructive thinking patterns.

5. Stress Management and Relaxation Techniques:

- Techniques for managing pre-competition nerves.
- Breathing exercises, progressive muscle relaxation, and mindfulness.

6. Focus and Concentration:

- Strategies to maintain concentration during training and competition.
- Dealing with distractions and maintaining focus.

7. Confidence Building:

- Building and maintaining self-confidence.
- Techniques to bounce back from setbacks and failures.

8. Emotional Regulation:

- Managing emotions such as anger, frustration, and anxiety.
- Strategies for staying emotionally balanced under pressure.

9. Team Dynamics and Communication:

- Effective communication within a team.
- Resolving conflicts and maintaining team cohesion.

10. Coping with Injury and Setbacks:

- Mental strategies for dealing with injuries and rehabilitation.
- Bouncing back from disappointments and losses.

11. Nutrition and Recovery:

- The role of nutrition and sleep in mental and physical recovery.
- Developing healthy habits for peak performance.

12. Performance Evaluation and Feedback:

- Self-assessment and self-reflection.
- Utilizing feedback for continuous improvement.

13. Mental Toughness:

- Developing resilience and mental strength.
- Strategies for pushing through adversity.

14. Creating a Personal Mental Training Plan:

- Tailoring mental training techniques to individual needs.
- Setting up a routine for ongoing mental preparation.

15. Practicing Mindfulness and Mental Fitness:

- Integrating mindfulness practices into training and competition.
- Building mental fitness for long-term success.

Each of these topics can be explored in-depth, and athletes can benefit from ongoing support and practice to fully integrate these mental skills into their athletic performance.



Corporate Mind Training.

Our corporate training course addresses various aspects to benefit professionals. Here's a suggested outline for a comprehensive course:

1. Introduction to Corporate Mindfulness

- Understanding the concept of mindfulness
- Benefits of mindfulness in the corporate world
- The science behind mindfulness

2. Stress Management

- Identifying workplace stressors
- Mindful techniques for stress reduction
- Breathing exercises and relaxation methods

3. Emotional Intelligence

- Enhancing self-awareness
- Managing emotions in the workplace
- Empathy and communication skills

4. Time Management

- Prioritization and focus
- Mindful time allocation
- Strategies to minimize multitasking

5. Productivity

- Mindful goal setting
- Eliminating distractions
- Improving concentration and flow

6. Communication

- Mindful listening skills
- Conflict resolution through mindfulness
- Mindful speaking and non-verbal cues

7. Leadership and Decision Making

- Leading with mindfulness
- Making better decisions through presence
- Mindful leadership case studies

8. Team Building and Collaboration

- Building mindful teams
- Encouraging diversity and inclusion
- Resolving conflicts mindfully

9. Creativity and Innovation

- Unlocking creativity through mindfulness
- Brainstorming and problem-solving techniques
- Nurturing innovative thinking

10. Wellness and Self-Care

- Maintaining work-life balance
- Mindful eating and physical activity
- Strategies for self-care and burnout prevention

11. Mindful Technology Use

- Managing digital distractions
- Balancing online and offline presence
- Using technology mindfully for work

12. Practical Exercises and Meditation

- Daily mindfulness routines
- Guided meditation sessions
- Journaling and reflection

13. Measuring Progress and Integration

- Tracking personal and team progress
- Incorporating mindfulness into daily work routines
- Case studies and success stories

14. Sustainability and Long-Term Practice

- Maintaining mindfulness practices over time
- Cultivating a mindful corporate culture
- Ongoing support and resources

This course provides corporate professionals with a well-rounded understanding of mindfulness and practical tools to integrate mindfulness into their work and personal lives. The content can be adjusted to meet the specific needs and goals of the organization and its employees.



Mind Training for Students.

Students can experience various mental health problems due to the stress and challenges associated with academics and other aspects of their lives. Some common mental health issues that students may suffer from include:

1. Anxiety Disorders:

This includes generalized anxiety, social anxiety, and test anxiety. Excessive worrying and fear can interfere with daily functioning.

2. Depression:

Persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in activities can impact a student's well-being.

3. Stress:

The pressures of academic work, exams, and social life can lead to stress, which, if not managed, can affect mental health.

4. Eating Disorders:

Conditions like anorexia nervosa, bulimia nervosa, or binge-eating disorder can affect students, particularly those struggling with body image and self-esteem.

5. Substance Abuse:

Some students may turn to drugs or alcohol as a way of coping with stress or emotional issues.

6. Loneliness:

Feeling isolated or disconnected from peers and lacking a support system can contribute to mental health difficulties.

7. Sleep Disorders:

Irregular sleep patterns, insomnia, or other sleep disorders can negatively impact mental well-being.

8. ADHD (Attention-Deficit/Hyperactivity Disorder):

Difficulty with concentration, attention, and impulsivity can affect academic performance.

9. Self-esteem Issues:

Low self-esteem can lead to feelings of inadequacy and contribute to mental health challenges.

10. Suicidal Thoughts:

In extreme cases, students may experience thoughts of self-harm or suicide, which require immediate attention and support.

11. Memory problems.



Mind Training for general people.

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1. Stress
2. Anxiety
3. Depression
4. Insomnia
5. Addiction (e.g., to substances, gambling, or technology)
6. Bipolar disorder
7. Obsessive-Compulsive Disorder (OCD)
8. Post-Traumatic Stress Disorder (PTSD)
9. Phobias
10. Panic attacks
11. Social anxiety
12. Eating disorders
13. Self-esteem issues
14. Body image concerns
15. Grief and loss
16. Anger management
17. Relationship conflicts
18. Divorce or separation
19. Parenting challenges
20. Work-related stress
21. Burnout
22. Attention Deficit Hyperactivity Disorder (ADHD)
23. Personality disorders.
24. Sleep disorders.
25. Memory problems
26. Phobias
27. Perfectionism
28. Lack of motivation
29. Emotional regulation difficulties
30. Insecurity
31. Trust issues
32. Fear of commitment
33. Existential crises
34. Identity issues
35. Midlife crisis

36. Career indecision
37. Financial stress
38. Perceived failure
49. Fear of the future
40. Guilt and shame
41. Jealousy
42. Family conflicts
43. Loneliness and isolation
44. Cultural identity struggles
45. Trauma from violence or abuse
46. Survivor's guilt
47. Attachment issues
48. Fears of abandonment
49. Sexuality and sexual orientation struggles
50. Procrastination
51. Negative self-talk
52. Avoidant behaviors
53. Passive-aggressive behaviors
54. Delusions and hallucinations
55. Regret and remorse
56. Communication problems
57. Feelings of worthlessness
58. Feelings of being overwhelmed
59. Difficulty expressing emotions
60. Emotional numbness
61. Parental stress and guilt
62. Fear of public speaking
63. Fear of failure
64. Perseveration (repeating thoughts or actions)
65. Victim mentality
66. Compulsive spending
67. Compulsive overeating
68. Compulsive undereating
69. Unresolved childhood issues
70. Marital dissatisfaction
71. Fear of commitment
72. Fear of intimacy