

Removing Interference, Unleashing Excellence Reprogramming Subconscious Beliefs to Transform Leadership in Healthcare (non-CE)

Dr. Tahir has studied the subconscious mind and psychology of success for 15+ years. This is a motivational, uplifting and engaging talk perfect for a keynote, closing ceremony or conference dinner. It can be modified to 20, 30, 60 or 90 minutes. [Dr. Tahir's TED talk](#)

Course Description:

You learned how to be a great doctor—but you didn't learn how to be a great leader. This course blends neuroscience, chiropractic principles, and subconscious belief transformation to help you identify and remove what's truly holding you back in practice leadership. Based on Dr. Irum Tahir's TED talk with over 600,000 views, this workshop explores how early-life beliefs, cultural programming, and internalized stories sabotage leadership—and how to begin to reprogram the subconscious for clarity, confidence, and success.

Course Objectives:

This course is designed to help attendees understand the influence of subconscious beliefs on leadership behaviors. Participants will identify and reprogram limiting beliefs to enhance team dynamics and practice success. The course will explore the physical, emotional, and generational impacts of belief systems. Attendees will learn and apply tactical mindset tools, including an introduction to PSYCH-K and various subconscious techniques. Finally, participants will develop self-awareness as a foundational tool for effective leadership.

I. 0–15 Minutes: The Power of Subconscious Beliefs in Leadership

- Introduction to Dr. Irum Tahir and the importance of mindset in leadership
- From TED Talk: “You don't rise to the level of your goals; you fall to the level of your beliefs.”
- 95% of thoughts, behaviors, and emotions are subconscious
- Leaders repeat patterns not because they don't know better—but because their subconscious beliefs don't align
- Early childhood programming (0–7 years) defines emotional responses and leadership styles
- Reflection Activity: Identify one leadership struggle. Ask, “Where might this have originated?”

II. 16–30 Minutes: Interference – Subluxations of the Mind

- Drawing the chiropractic parallel: Physical subluxation vs. mental interference
- Symptoms of subconscious misalignment: stress, anxiety, procrastination, overwhelm, lack of delegation
- Beliefs about worthiness, success, and capability are often inherited
- Signs of subconscious interference in leadership and practice culture
- *Journaling/ Worksheet/ Audience Prompt:* What consistent challenge do I face in practice that may reflect internal interference?

III. 31–45 Minutes: Reprogramming the Subconscious for Leadership Excellence

- Four-step system for conscious + subconscious reprogramming:
 1. Identify the belief
 2. Step Back – is it truly yours, or inherited?
 3. Reprogram – replace with an empowering belief
 4. Celebrate – solidify and reinforce
- Tools for belief transformation: PSYCH-K, visualization, repetition, inner-child dialogue
- TED Talk Insight: Beliefs often form in trauma or repeated negative emotional experiences
- *Audience Worksheet Exercise:* Choose one limiting belief and apply the 4-step process to reframe it

IV. 46–55 Minutes: Emotional & Practice-Level Transformation

- Short-term outcomes of subconscious misalignment:
 - Emotional tension, conflict avoidance, perfectionism, control
- Long-term effects:
 - Leadership fatigue, income ceiling, low team morale, staff turnover
- Reprogrammed leaders lead with trust, clarity, empathy, and vision
- Removing interference elevates the entire energy of your practice
- Prompt: Imagine your practice 1 year from now—what beliefs did you have to let go of today to get there?
Your future self begins NOW! Visualization exercise / Meditation

V. 55–60 Minutes: Conclusion & Call to Action

- Leadership is a process of alignment, not just effort
- Subconscious alignment transforms not just your business, but your health and relationships- Realizations From TED Talk: You were not broken—you were programmed, looking at repetitive cycles in your life that can be changed.
Exercise: Next Step Challenge: Over the next 30 days, identify and rewire one limiting belief

“When you adjust a belief, you adjust the trajectory of your practice—and your life.”

Worksheets

Worksheet 1: Leadership Belief Audit

- Purpose: Identify limiting beliefs impacting leadership
 - Reflective thoughts on recurring challenges and inherited patterns

Worksheet 2: Belief Reprogramming Plan

- Purpose: Step-by-step process to reframe and replace beliefs
 - tracking actions that reinforce new neural pathways