



The revolutionary understanding for people who lead in business

There's only one certainty nowadays –and that's uncertainty. The pace of change in world can be described as – **V**olatile, **U**ncertain, **C**omplex & **A**mbiguous. So how can we access more peace, performance and potential?

Current L&D interventions don't equip you with the vital missing ingredient to access greater levels of performance, resourcefulness and wellbeing. The **BEFORE PSYCHOLOGY** approach of Quality of Mind explores a new approach; it is a paradigm shift in how we see the nature of the mind.

OPEN PROGRAMME

20th - 22nd **MARCH** | 3 **DAYS**

“This is a fundamental mind shift in the way you see the world. when it dawns on you, it makes a massive difference to life and career.”

COO, Energy Sector

DIFFERENT

We don't work on your behaviours; or teach you to manage your thinking; we show you the fundamentals of how the mind works. When you deeply realise this 'new way' it renders so many of the previous methods redundant.

TRANSFORMATIVE

As we realise the nature of how the mind works – 'upstream' it triggers a pervasive shift in many aspects of life and work 'downstream'.. There are no exceptions, everything is in scope for anyone.

SUSTAINABLE

Once realised, this understanding does not require application or repeated 'doing'. Instead, mindsets dissolve and behaviours become obvious. An instant and sustainable benefit.

IS THIS FOR ME? This programme will benefit *anyone*, and is perfect if you...

- Want less stress & overwhelm
- Deal with ambiguity & change
- Work in a dysfunctional culture
- Feel pressure & demand for results
- Want to get more from less
- Want more clarity and decisiveness
- Require more effortless leadership
- Need greater resilience & wellbeing
- Want fresh perspectives & new mindsets
- Desire stronger connection & alignment





Welcome to a new way
Do you want benefits that
are pervasive, universal,
profound & practical?

**This is a game changer, but don't take
our word for it...**

54% increase in focus & clarity
73% reduction in mental noise
52% more decisive
51% greater resilience
46% greater connection with others

PROGRAMME FORMAT:

1. A personal 1-1 intake & orientation session
2. A 3-day immersive group learning experience to deeply inquire into the nature of the mind. You'll take part in a facilitated conversation, in a comfortable and informal environment with a small and select group of like-minded people.
3. During the 3 days we'll have 2* 1-1 conversations to tailor the work to your individual situation and needs.
4. After the 3 days, your journey truly starts! How you see the world will begin to shift seismically. We will support you with learning material and we will chat again 1-1 after a few weeks to help you embed your learning and insights practically.

LOGISTICS:

Fee: £1995+VAT

Location: The Olde Bell, Hurley, Berks,
SL6 LX

Date: 20th–22th March 2024

We are confident in what we do so we back it up with a money back guarantee*

"I am at least 33% more productive"

Commercial Manager, Global Chemicals Business

"A true revelation. I feel like my soul and mojo have been reactivated" *Strategy Planner*



TESTIMONIAL **PLAYLIST**



"In 40 years of management training I've never come across anything like this, it's really different and it can make a huge impact."

Operations Director, Major Food Producer

"Once you see this, there is nowhere else to look, the holy grail. I now have more peace, purpose, and performance" *L&D Specialist*

STILL CURIOUS?

- We can arrange a chat to explain the relevance for YOU
- Listen to our **podcast** 'QualityofMind'
- Watch our **videos**
- Read more on our **website**

