

'STRIVING TO THRIVING' THERE IS A DIFFERENT WAY'

QUALITY OF MIND
EXPONENTIAL HUMAN POTENTIAL



We all want more joy, peace, fulfilment, and connection in our life, but it can seem like hard work, or a trade-off with success.

How about if more flow, performance, and potential was available in a way you had never imagined before?

Current personal development approaches 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.

VIRTUAL PROGRAMME

8TH APRIL 2024 | 14 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 teach you to work your behaviours; or manage your thinking; we show you a new way to how the mind works. When you deeply realise this it renders 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'..
Everything is in scope for anyone.

SUSTAINABLE

Once realised, this work gains it's own momentum, mindsets dissolve and new behaviours become obvious.

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:

- Daily webinars at 12.30 GMT for 60min each week-day for 2 weeks
- Two format options. Join and Live, and Catch Up
- 120min session on final day
- Supported by self-learn resources
- Group Chat for sharing
- Sessions recorded for added learning
- Live webinar numbers limited to 20 to ensure interactivity

All building your understanding + practical exploring over 15 days

LOGISTICS:

Fee: £395+VAT

Location: Zoom video or ownload

Date: April 8th 2024, 60mins @ 12.30 GMT every week day for 2 weeks

"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**

