

QUALITY OF MIND

EXPONENTIAL HUMAN POTENTIAL



THE OPEN PROGRAMME

The revolutionary understanding for those seeking a more powerful way to live, lead, and create impact

TRANSFORMATIVE • SUSTAINABLE • DIFFERENT

14th–16th OCTOBER 2026 | 3 DAYS

There's only one certainty in business today – and that's uncertainty. The pace of change is such that the world we now live in can only be described as – **Volatile, Uncertain, Complex & Ambiguous**

Current personal development interventions don't equip you with the vital missing ingredient to access greater levels of performance, resourcefulness and wellbeing. This understanding explores a new approach; it is a paradigm shift in how we see the nature of the mind.

Quality of Mind: 'Before Psychology'

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

This understanding creates lasting change because it addresses the fundamental source rather than symptoms. Once realised, this understanding does not require application or 'doing'. Mindsets dissolve and behaviours become obvious. A truly sustainable benefit.

DIFFERENT

Unlike traditional approaches that focus on managing thoughts or changing behaviours, this paradigm reveals the underlying principles of consciousness itself. When you deeply realise this 'new way' it renders so many of the previous methods redundant.

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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

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"I am at least 33% more productive" Commercial Manager, Global Chemicals Business
”

“
” 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
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Hear From Our Past Delegates

If you really listen to these videos from past delegates, you will notice the sustainable, transformative benefit that Quality of Mind has brought to their lives and work, unlike anything else theyhave ever done.

📺 Video testimonials

The real power of Quality of Mind >>



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

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Programme Format



1-1 Intake & Orientation

Before we meet for the 3 days you'll have a personal one-on-one intake and orientation session, this increases your ability to get the most from the program.



3-Day Immersive Experience

Participate in a 3-day immersive group learning experience in a retreat setting. Engage in facilitated conversations with a small group of like-minded individuals, and benefit from 2 × 30min 1-2-1 discussions.



1-1 Follow-up Session

We'll reconnect with a 1-1 conversation a few weeks later to help you practically embed your new learning and insights into your life.



Ongoing Integration

After the three days, your journey begins. Your perspective will profoundly shift as you start to recalibrate to this profound shift. You will have access to comprehensive resources to help your ongoing exploration.



The Logistics...

Fee: £2595+VAT

Early Bird Book by 25th August for £2,335 +VAT

The fee includes the intake, the 3-day workshop, lunches, and one follow-up session. (Overnight accommodation not included)

Location: The Olde Bell, Maidenhead, Berks

Date: 8th-10th July 2026

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

Reserve your place now

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Still Curious or Questions?

If you want to know more, or whether it is for you:



Drop us a line and we can arrange a chat



Listen to our **podcast**



Watch our **videos**



Read more on our **website**



Take our **Quiz!**

Discover your Quality of Mind



Short **audio course**

6 x 5-min intro episodes

