

# Flexing the Mental Muscles



**TARGET: ALL STAFF WHO ARE EXPERIENCING CHANGE IN THEIR ROLES AND WORKPLACES AND NEED TO BE MORE FLEXIBLE IN THEIR THINKING.**

## For Business & Personal Success

As we move through the 21<sup>st</sup> Century we are heading towards a time of even greater change. Change, we are told, that will totally alter the old ways we have done things.

Personal change can be desired or it can be thrust upon us. The willingness and ability to change can often daunt us – yet it can also offer exciting opportunities.

What is required is a mental shift. A shift in thinking that will allow us to take advantage of the change and see it as an opportunity to get balance back into our lives and enjoy living with all the abundance that success brings.

This workshop is great to recharge the batteries to take stock of where we are going individually and as a business team.

**Mindworks specializes in helping participants to “Flex their Mental Muscle” so that both mundane and creative tasks can be done easily and flow more smoothly**

## Expected Outcomes...

Participants will leave the workshop:

- Excited about the possibility thinking – focusing on the opportunities rather than the obstacles
- Knowing about whole brain thinking and half witted behaviours
- Skilled in ways to access the Alpha level of thinking as well as working smarter not harder
- Being alert to their thinking and the ways that they could be Sabotaging their success
- Focusing on their Vision and Visualizing for Success – Sports Psychology in a daily context
- Understanding that the different personality types in the team can enrich and enhance the team’s performance
- Skilled to handle the stress of workloads, client expectations, family commitments, friends etc....

✓ **YES - you can teach an old dog new tricks!**

✓ **YES - you can feed a tired brain!**

✓ **YES - you can juggle lots of balls - its called living!**

✓ **YES - you can set yourself up for success!**