



# Flexing the Mental Muscle

**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**

As we move into the 21st 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.

## Expected Outcomes

- 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....
- Inner Leadership

## **'Flexing the Mental Muscle'** CONTENT DETAILS

### **Session 1: The Alpha and Half Wit Factor**

**Yes – you can teach an old dog new tricks!**



As busy professional in the KNOWLEDGE AGE we need to understand the concept and skills of Whole Brain thinking and the importance of physical and mental integration. This leads into an understanding that it is in the Relaxed state that our brain fully utilizes higher order thinking. Serious sports people and athletes would never contemplate competing without the routine of both mental and physically warming up. So too there are physical movements and mental exercises that allow us to think more clearly and creatively with dynamic results. There are ways to center ourselves and begin to take control of our mental processes.

### **Session Two: Possibility Thinking**

**Yes – you can feed a tired brain!**



After understanding the concept of Whole Brain thinking, the first part of session two will be devoted to developing skills to access the potential of the whole brain working together. In the second part of this session we will look at the power of past thinking as we seek to be successful in today's world. Our successes of the past can be our worst enemy as we seek to steer the uncharted waters of change and instability. It is therefore necessary to start to challenge limiting thoughts and old paradigms. Again this is a skill that can be readily learnt.

### **Session Three: Vision and Visualization**

**Yes – you can set yourself up for success!**



In elite level sport Visualization is a vital skill. It is the mental advantage in many key performances. To be able to visualize success you have to have a vision. Some time will be set aside in this session for participants to be involved in a process of re-visiting their vision and matching it to their bench marks for success in both their personal and working lives This will then lead us into a process of 'Visualizing the Vision' and tapping the unused potential of our creativity.

### **Session Four: The Balance**

**Yes – you can juggle lots of balls- its called living.**



This session unashamedly challenges the participants to the fact that if they want to take good care of their clients and team members they must first begin to take care of themselves. We hear people talk about "Working Smarter" but how do you do it? Like all the other sessions there will be simple skills taught that will make the world of difference in how we build our Stress Hardiness and Re- kindle the joy in all aspects of our lives especially our working environment.