

# QUALITY OF MIND

**Join our revolutionary open programme for people who lead in business**

## Uncertainty for sure

There's only one certainty in business today – and that's uncertainty. The pace of technological, political and societal change is such that the world we live in today can only be described as– Volatile, Uncertain, Complex and Ambiguous (VUCA).

## Long-accepted rules of yesteryear no longer apply

Innovation around products or services will no longer be a guarantee of business longevity. In a world where monthly or even weekly change renders five-year plans redundant, businesses need to be more adaptive, and more quickly. Resilience, mental agility, clear thinking, confidence, strong leadership, focus and a people-centred approach are the qualities that business leaders now need in abundance to steer the right business path.

## The mind is fundamental to high performance

It's long been acknowledged that the mind has a huge impact on people's success in sport; and it's increasingly apparent in business too that our quality of thinking directly and significantly impacts business performance. You'll often hear about leaders needing to be open-minded, have the right 'mindset', or needing to think laterally. But not many organisations truly understand how to use their minds to achieve this.

## Effectively using your mind

That's where we come in. We are experts in understanding how the human mind works – your mind. We help you access the massive, untapped potential stored within; so you learn to be more powerful, clear thinking, focused, confident, innovative and resilient in every moment.

Not only does understanding quality of mind play an important role in improving all aspects of your leadership, but it will also transform your personal life and overall wellbeing.

## This is different

Our approach is different and revolutionary. We don't work on your behaviours; we don't teach you to manage your thinking; we teach you the fundamentals about how your mind works. When you deeply understand something, you learn a new way of using it that renders so many of the previous methods redundant.

## Quality of Mind Development Programme

Our unique three-day immersive learning experience gives people who work in business the opportunity to take themselves away from the busyness of work and life to deeply enquire into how the human mind works.

You'll spend three days taking part in a facilitated conversation in a comfortable and informal environment with a small and select group of like-minded people. We'll present ideas and do exercises to enable your enquiry. It's a simple yet powerful exploration. We'll also allow time for more private 1-2-1 conversations to tailor the work to your individual situation and needs.

When the three days end, your journey truly starts. How you see the world will begin to shift seismically. We'll continue to support you and will meet again formally after four weeks to help you embed your learning and insights practically.

## Who it's aimed at

- Open minded managers and leaders in organisations.
- People who aspire to make a difference and change how the game is played

# What it's ideal for

If you need a solution to any of the below, this programme is perfect for you:

Suffering from...	Or you might just want...
<ul style="list-style-type: none"><li>• A noisy worrying mind</li><li>• The stress of feeling overloaded with your work</li><li>• The constant change in your organisation</li><li>• The demand for results</li><li>• A lack of confidence</li><li>• Team friction or conflict</li><li>• Questioning career &amp; life direction</li><li>• A lack of time or space to think</li><li>• Working in a dysfunctional culture</li></ul>	<ul style="list-style-type: none"><li>• More productivity, better performance</li><li>• Greater focus</li><li>• Clearer thinking, more decisiveness</li><li>• Increased creativity</li><li>• Stronger leadership</li><li>• More connection &amp; effectiveness with your people</li><li>• Calmness &amp; resilience</li><li>• Wellbeing &amp; peace of mind</li><li>• New perspectives and mindsets</li></ul>

## Don't take our word for it

Feedback from previous executive participants shows they achieved the following on average:

<b>54%</b> increased ability to focus and think with greater clarity	<b>73%</b> reduction in mental noise	<b>52%</b> more decisive	<b>51%</b> greater resilience	<b>46%</b> greater connectivity with others
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*"This is a fundamental mind shift in the way you see the world. It sounds like hocus-pocus, but when it dawns on you, it makes a massive difference to business and life"*

**COO, ENERGY SECTOR**

*"The difference in the team after one month is quite unbelievable. Trust, honesty, common language, fun, harmony and ideas were flying everywhere. You can feel the energy across everyone. I keep expecting it to end; luckily, I know it will only grow. Thank you!"*

**BRAND DIRECTOR, RETAIL SECTOR**

*"This programme was my most transformative experience ever. Through getting a better understanding of how my mind works, I have been able to effortlessly take my performance (and wellbeing) to a whole new level."*

**SENIOR DIRECTOR, CONSULTING SECTOR**

*"Fascinating and truly transformational. I loved uncovering something so obvious, yet so profound for my work & life"*

**CEO, RETAIL SECTOR**

## Where & When

**30<sup>th</sup> January – 1<sup>st</sup> February 2019, UK**

**The Olde Bell, Marlow, Berkshire SL6 5LX**

## Options & Fees

### 'Quality of Mind'

**£1,995 +VAT**

This includes: an initial intake session, the three-day experience (with lunch & refreshments), access to partake in follow-on monthly group calls.. There is no accommodation provided in this fee .

### 'Quality of Mind Plus'

**£4,090 +VAT**

This package includes: all of the above, plus five monthly 1-hour 121 coaching sessions via video call.

## Next steps

Register your interest with  
[piers@makingchangework.co.uk](mailto:piers@makingchangework.co.uk) or  
call 07967 651427

**We're so confident of the power of  
this work that if you don't gain  
substantial benefit, we provide a**

**Money Back Guarantee**