

## FreeMind Excellence

This toolkit is the core flagship of the FreeMind Offering. Using the very latest in performance coaching, motivational psychology, emotional intelligence training and behaviour-change technology this collection of modules is a state of the art support tool that individuals can use, as and when they need it to help them enjoy succeeding and engaging in life in a more powerful and meaningful way. This system guides a person into a more powerful awareness of their potential and teaches them how to discover and dissolve the barriers and psychological interferences that prevent them from taking themselves to the next level. In an organisation this training is an investment in productivity and profitability whilst also offering a number of very valuable additional benefits in the areas of employee welfare, resilience, retention, creativity and overall effectiveness.



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| <b>Introduction</b> | Explains what to expect and how to get the best from FreeMind training                             |
| <b>Positivity</b>   | A powerful process designed to train a person to take the best attitude to every situation         |
| <b>Motivation</b>   | An encouragement designed to inspire you to see the benefits in living with integrity              |
| <b>Self Service</b> | An opportunity to put your own self-programming techniques into practice                           |
| <b>Clarity</b>      | Explains why understanding emotions is more effective than trying to control them                  |
| <b>Overwhelm</b>    | Designed to enable an individual to be resilient and resourceful when under huge pressure          |
| <b>Negotiation</b>  | Enables an individual to make specific changes in their behaviours and habits                      |
| <b>Heart</b>        | This inspirational experience connects people to the source of great courage and powerful insights |
| <b>Clearing</b>     | A powerful process that enables a person to clear their body of tensions and toxins                |
| <b>Freedom</b>      | Designed to remind a person that their greatest freedom comes from their greatest gift             |
| <b>Work</b>         | A motivational process designed to encourage a person to work towards being their best at work     |
| <b>Guidance</b>     | A fascinating way of making contact with your potential and gaining great insight                  |
| <b>Sleep</b>        | Training to help you get more from your sleep so you can be at your best during the day            |
| <b>Confidence</b>   | Inspires a person to see the benefits of them being stretched out of their comfort zone            |
| <b>Courage</b>      | Enables a person to connect to the source of their greatest power                                  |
| <b>Relax</b>        | A great program for unwinding after a difficult situation or a stressful day                       |
| <b>Language</b>     | Vital training in the power that language has to unleash or imprison our greatest potential        |