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TALK . TACKLE . TRIUMPH .

# The Positive Mindset Experience: Corporate

People don't fake anxiety, stress and unhappiness...**THEY FAKE BEING OK**



## Facing Hard Truths

With so many recent changes to the way we live and work, your staff may be feeling a real sense of struggle and anxiety. They may need help and guidance to improve their mental and emotional wellbeing, helping them feel more in control, more positive and less stressed.

**Help Is Near - Allow tomorrow to become their friend.**

## Experience Overview

The Positive Mindset Experience equips organisations, teams and individuals with the powerful strategies, tools and techniques that are needed to gain a stronger resolve and the confidence to handle life's challenges at work and at home.

## Experience Outcomes

Using proven and powerful techniques, the Positive Mindset Experience can boost your employees by:

- Improving their emotional state of mind
- Identifying and then help conquer fears
- Helping to switch from a negative to a more positive state of mind
- Dealing better with anxiety and thus become more creative and productive
- Quietening their inner-critic and reducing self-doubt
- Facing “impostor syndrome” with a smile
- Managing problems more effectively
- Reigniting their passion for life and work

## The Experience, benefits the organisation with a Top-down approach

There are so many benefits for your organisation and the team members who join the Positive Mindset Experience. These include, but may not be limited to:

- Enhancing the positivity of the culture within the organisation
- Creating deeper and stronger workplace relationships
- Team members achieving more with a clearer mind and fewer distractions
- Staff retention rates rising as loyalty to the business increases and peer support grows
- Challenges at work are managed more easily and quickly
- Teams work in a more pleasant and cohesive environment, both virtual and in person

## Who should attend?

This is only for people who want to feel more energised, passionate and positive about life and work. If that's you and your team, please sign up now – we're here to help!