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TALK . TACKLE . TRIUMPH .

The Positive Mindset Experience: Individual

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



Facing Hard Truths

There have been so many changes to the way we live and work recently, that many people may be feeling a real sense of struggle and anxiety. There are so many pressures and challenges thrown at us day-to-day you can sometimes feel overwhelmed. Is that you?

Do you need help and guidance to improve your mental and emotional wellbeing so that you can feel more in control, more positive and less stressed?

Help Is Near - Allow tomorrow to become their friend.

Experience Overview

The Positive Mindset Experience enables individuals, whether sole traders, freelancers, students, the retired or others to gain a stronger resolve to handle life's challenges at work and at home. Through this unique experience, you will learn powerful and proven strategies to build your confidence and capability while reducing your stress and anxiety, all in a nurturing and supportive environment.

Experience Outcomes

Using proven and powerful techniques, the Positive Mindset Experience can:

- Improve your emotional state of mind
- Identify and then help conquer your fears
- Help you to switch from a negative to a more positive state of mind
- Deal better with anxiety and become more creative and productive
- Quieten your inner-critic and reduce self-doubt
- Face “impostor syndrome” with a smile
- Manage problems more effectively
- Reignite your passion for life and work

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 you are prepared to take the first steps on your positive mindset journey, please sign up immediately – we're here to help!