

Graeme Godfrey

TALK . TACKLE . TRIUMPH .

The Positive Mindset Experience: Individual



Experience Overview

The Positive Mindset Experience enables individuals to feel the energy and positivity they've always wished for. Created by Graeme Godfrey, an expert in mindset coaching and human behaviour, this programme focuses on turning negatives to positives, challenges into opportunities and ensures a life lived in the best possible way.

Experience Outcomes

Using proven and powerful techniques, the Graeme Godfrey methodology can:

- Improve your emotional state of mind
- Easily switch from a negative to positive state of mind
- Help you overcome anxiety & be more creative
- Manage problems more effectively
- Reignite your passion for the things and people in your life, at work and at home
- Have an action plan and resources to use to help you stay positive

Experience Benefits

There are many benefits for everyone who joins the Positive Mindset Experience. These include, but may not be limited to:

- Feel happier, more confident and more purposeful
- Create deeper and stronger relationships
- Achieve more with a clearer mind and fewer distractions
- Life challenges can be managed more easily and quickly
- Become more passionate about what you do and what you love

Who should attend?

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



The Experience itself:

Module 1 - Your Emotional State of Mind

- Changing negative thought cycles
- Seeing negative emotions and behaviours as opportunities for positive change
- First steps towards a positive mindset
 - Your emotional state of mind
 - Enabling human connection
 - Becoming your authentic self
 - Creating purpose through passion

Module 2 - Overcoming Anxiety and Getting Creative

- The impact of personal and work anxiety challenges
- Mindset control: why we feel as we do
- Focusing on what we don't want and self-sabotage
- Using reactive versus creative mindsets
- Harnessing our internal language
- Having the courage and bravery to change

Module 3 - Are Problems Really Problems

- Turning problems into opportunities
- Creating certainty
- Learning to love what you do
- The inside out process – learning to live with hope, optimism and passion

Module 4 - Reignite Your Passion

- Becoming the new YOU and reignite your passion
- Growing, developing and winning
- Inventing a new future, focussing on what we want
- Creating wealth, happiness and success
- Building relationships and friendships