

# Positive Mind Management



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## POSITIVE MIND MANAGEMENT

is an 8-week programme delivered via a Positive Intelligence® app and supported by online personal or small group coaching.

It's designed for busy people so learning is built into your day.

**The ability to positively manage your mind** is the core skill you need to **thrive** vs survive at work and in life.

*Specialists in training & coaching people at work*

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Your mind creates your experience of life.  
Learn how to master your mind to create the experience you want every day.

Our mind determines our interpretation of all our experiences at home or work. Yet few of us know our mind works and how to make it work for us.

This programme is for you if you experience stress, frustration, anxiety, anger, disappointment, worry (to name a few).

Positive Mind Management is filled with practical ways for each participant to change their thinking and better manage their emotions. Backed by the science of Positive Intelligence® (Prof Shirzad Chamine) and Mind Management® (Prof Steve Peters), our expert coach helps each person reflect on how to use the learning to improve their relationships with self and others, their productivity, and their overall mental wellbeing.

## You'll discover

- how to manage the three parts of your brain that run your life
- how to build the three mental muscles you need to be at your best
- what thinking patterns sabotage your effectiveness and relationships
- simple strategies to interrupt these thinking patterns
- strategies to engage effective thinking and actions
- how to apply your learning to current challenges

## You'll learn to...

- manage your emotions to address issues constructively vs reactively
- solve problems with focus and clarity rather than stress, frustration, anger
- deal with conflict quickly and effectively
- build and enjoy better relationships with those around you
- be less judgemental and able to work with opposing perspectives
- develop a skill for life that will enable you to navigate your way through its ups and downs

*When we have the tools and skills to change our thinking, we can change anything.  
This programme is a game-changer.*

BE MORE. BE BETTER. BE INSPIRED.

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