



Overview

A healthy mindset is a foundation for success, happiness and wellbeing.

This series draws material from Lorna's Coaching Programmes. It is designed to raise awareness about the power of the mind in relation to every aspect of life, with a focus on wellbeing and pleasure in the workplace.

Individuals will listen to 6 live webinars including the stimulating concepts and ideas detailed in this document. They will be given resources and taught how to apply changes they can benefit from immediately.

1. A Mindset for Confidence

Do you move through your days assuming confidence is something other people get to enjoy? That it's a super-power that you were not born with?

Learn how you can feel totally confident in situations you'd normally be afraid of and to feel even more certain in all situations.

2. Goals Worthy of your Potential

Do you have personal and professional goals? How badly do you want to achieve them? When desire is strong you will have an abundance of energy and you will be excited to get your day started.

We want you to think beyond today's results and unlock the potential that's inside you and the people you work with.

You will learn how to set and go after big goals.

3. Get out of your Own Way

Have you ever been on a training course and realised you didn't put a fraction of what you learned into practice?

There is an enormous difference between what most people know, and what they do. It's not our knowledge that's in control of our behaviour, it's our mental blueprint. Unless we change the blueprint, the conscious application of any new knowledge won't stick.

Learn how to **apply** your **existing** talent and knowledge by removing the internal blockages preventing you from doing the things that you **already know how to do**.

4. **Create your New Self Image**

What do you **believe** you are capable of?

Whether we realise it or not, each of us carries around with us a mental picture of ourselves. It may not be something you are even consciously aware of. It is known as a self-image and it sets the boundaries defining what you can and cannot do.

This concept could be the most transformational thing you learn this year! You can change anything in your life when you change your self-image.

5. **Thinking Into Results**

Are you aware of your higher mental faculties?

If you study successful people you will realise that, what separates them from the masses is the way they use their 'mental muscles'

Leaders are led from within and think from the inside out, rarely letting external circumstances sway them from their goals.

Learn how to strengthen your higher mental faculties and be in total control over your thoughts, emotions and behaviour.

Discover how to **take total responsibility** for every-thing in your life.

6. **Fear and Procrastination**

When you go after something that is a significant step away from where you are, you will experience fear.

The fear shows up as a physical feeling (worry and anxiety), which is usually the point at which most people stop, turn back or abandon an idea.

Gain an understanding of what's going on inside the mind and the body when this happens.

When you learn how to recognise when you are being controlled by fear, you will have the faith and understanding to push through.