

MindScriptives Catalyst[™] Series Workshops

MindClick Partners designed the MindScriptives Catalyst[™] Series of workshops as a menu of key areas of development so a client can build a program of personal and professional self-development that focuses on their area(s) of priority. Each of the series' workshops is led by Janice Manson, a Registered Nurse, Clinical Hypnotherapist and expert Change Catalyst. Each interactive workshop in the series uses a solid core framework of self-assessment, goal setting, action planning and evaluation. The MindClick T.E.A.M. Dynamic[™] model provides a framework for understanding behaviour and change. Though each workshop is unique and stand-alone, each also reinforces the learning and transformation process set in motion within the others. All of these workshops use the latest information and techniques from Neuro-Linguistic Programming, Psychology, Business and Hypnosis to effectively create new, effective attitudes, beliefs and behaviours.

The workshops are:

I. Finding Your Focus[™]

Fed-up with fuzzy? Feeling kind of lost and wanting direction? This workshop is designed to take the learner from feeling aimless, fuzzy, or confused about their life or work to finding a focus and a greater understanding of their purpose, mission, direction and goals. By finding your focus, you become more effective and satisfied with how you choose to spend your life. **(Duration – 2.5 hours)**

Outline:

- Assess personal beliefs and values regarding life purpose, mission and possibility.
- The power of intention, visualization and other mental focus techniques
- Creating SMART goals
- Mind Mapping
- Vision Boards
- T.E.A.M. Dynamic[™] and the creation of reality.
- Techniques to work with inner guides and use the inner compass.
- Group exercise - Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

II. Restoring Life Balance[™]

Feeling overload and like life is out of balance? This workshop is designed to take the learner from a place where they feel their life is, perhaps, stressful and out of balance and helps them to take action to restore a sense of balance to their life in both the personal and professional realms. By restoring life balance, you reduce your stress and better enjoy each part of your life. **(Duration – 2.5 hours)**

Outline:

- Self- assess stress, satisfaction and balance in all life dimensions.
- Science of stress and the relaxation response
- Factors affecting life balance and perceived stress

- Assessment of personal strengths & values
- Playing to strengths
- Personal values and beliefs related to stress, roles, responsibilities, pleasure and balance.
- The T.E.A.M. Dynamic™ model, perception and managing stress.
- Mental techniques for restoring balance & stress management
- Mind techniques to free oneself from old mental programming relating to stress and relaxation
- Group exercises
- Sharing of experience
- Wrap-up
- Course evaluation

III. Leveraging Strengths™

Are you living and working from a position of strength? This workshop is designed to take the learner from a focus on weakness to one where the focus is on strengths, both personal and professional, and on shifting activities to support a focus on leveraging and developing strengths. By leveraging strengths, everyday life becomes easier and more enjoyable. **(Duration – 2.5 hours)**

Outline:

- Self- assess strengths, weaknesses and values in a variety of life dimensions
- Leveraging strengths
- Why working on weakness doesn't work
- Personal values and beliefs related to personal strengths and weaknesses
- The T.E.A.M. Dynamic™ model for change
- Mind techniques to free oneself from old mental programming relating to strength and weakness
- MindPrint™ for strength orientation
- Group exercises
- Sharing of experience
- Wrap-up
- Course evaluation

IV. Kill Chaos™

Feeling out of control? Does life feel chaotic and disorganized? This workshop is designed to take the learner from a place of disorganization and chaos to a place of feeling more organized, effective, and back in control. By killing chaos, you regain control of your life allowing you to reduce life stress and get more done. **(Duration – 2.5 hours)**

Outline:

- Life, systems and disorganization
- Safety and control
- Internal and External locus of control
- Practical techniques for organization and effectiveness

- The T.E.A.M. Dynamic™ model to change
- Developing the mindset and for organization and regaining control
- Mental techniques to free oneself from old mental programming relating to regaining control
- Group Exercise - Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

V. Emotional Literacy 101™

Feeling more bad than good feelings? Out of tune with your emotions? This workshop is designed to teach the learner about the secret language of feelings, to be more emotionally literate about themselves and the people they live and work with, and how to use this new literacy for a happier personal and professional life. By gaining emotional literacy, you no longer feed the cycle of frustration, depression, reflective emotional reactions or misinformation and are better able to connect with yourself and others. Additional cost for course book.

(Duration – 2.5 hours)

Outline:

- Role of emotions
- The secret language of feelings
- Emotional IQ, Literacy & Intelligence
- Emotional Triggers
- Responding to Emotion
- The T.E.A.M. Dynamic™ model for understanding emotion and behaviour
- 1-2-3 self coaching process
- Mental techniques to free oneself from old mental programming relating to regaining control
- Group Exercise - Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

VI. From AWFUL™ to Calm, Cool and Collected

Sick of feeling AWFUL™ - Anxiety, Worry, Fear, Uncertainty, Loss? This workshop is designed to help the learner shift from feeling AWFUL™ to feeling calm, cool, collected in any situation. By shifting from AWFUL™ to calm, cool and collected, you will feel more present, optimistic and hopeful and enjoy your life more.

(Duration – 2.5 hours)

Outline:

- The AWFUL five – What are they?
- Negative v. Positive Emotions
- Emotion and perception
- Emotional Triggers and Anchors

- Responding to the AWFUL five emotions
- The T.E.A.M. Dynamic™ model for understanding emotion and behaviour
- Breaking the cycle -1-2-3 self coaching process
- Mental techniques to free oneself from old mental programming relating to regaining control
- Group Exercise - Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

VII. Positively Happy™

Seeing the glass as half full? Searching for happiness? This workshop is designed to shift the learner from a negative to positive perspective and move forward with the understanding and tools for a happier life. By becoming positively happy, you will see life differently, find your sense of humour, attract more positive people and things into your life, and feel positively happier. **(Duration – 2.5 hours)**

Outline:

- Keys to a happier life.
- Happiness and Satisfaction
- The basics of the science of happiness.
- Factors affecting happiness
- Assess personal happiness
- The T.E.A.M. Dynamic™ model to change felt happiness.
- Mindset and happiness
- Mental techniques to free oneself from old mental programming relating to happiness and positive perception.
- Group Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

VIII. Put-off Procrastination™

Are you 'put-off' with procrastination? Sick of self-sabotage? This workshop is designed to end the cycles of resistance, sabotage and procrastination that rob you of energy, time and success. By no longer putting-up with procrastination your satisfaction with life increases. Learn the simple easy tools to end procrastination once and for all. **(Duration – 2.5 hours)**

Outline:

- Fear and procrastination
- The basics of the science of procrastination and change
- Factors affecting procrastination behaviour
- Assess personal procrastination level

- The T.E.A.M. Dynamic[™] model to change behaviour
- Mindset and procrastination
- Practical techniques to put-off procrastination
- Mental techniques to free oneself from old mental programming relating to organization, fear, reward and procrastination
- Group Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

IX. Communication Clarity[™]

Are you feeling misunderstood? Wondering why you have so much conflict? This workshop is designed to help the learner communicate effectively to end misunderstandings, miscommunication and disconnects with other people. By achieving oral communication clarity, you will find your effectiveness in personal and professional situations improve, build richer connections with others and avoid unnecessary conflict. **(Duration – 2.5 hours)**

Outline:

- Effective communication
- Elements of communication
- The basics of the science of effective communication
- Factors affecting communication
- Assess personal beliefs, values and behaviours
- The T.E.A.M. Dynamic[™] model and communication
- Mindset and communication
- Practical techniques for more effective communication
- Mental techniques to free oneself from old mental programming relating to poor communication
- Group Exercise – Mindset retraining
- Sharing of experience
- Wrap-up
- Course evaluation

X. Better Learning, Memory and Recall[™]

Have a mind like a sieve? Do you dread test-taking? This workshop is designed to arm the learner with skills to accelerate their learning, improve memory, and approach recall situations with confidence. By achieving better learning, memory and recall, you become a more effective learner, so you can enjoy greater confidence and life success. **(Duration – 2.5 hours)**

Outline:

- Assess personal learning, memory and recall environment, beliefs and values.
- Personal learning and memory goals.

- Science of learning, memory and recall.
- Learned failure
- Stress, the mind, the body and the effect on processing, storage and recall
- T.E.A.M. Dynamic™ and learning, memory and recall.
- Techniques to accelerate learning (processing) and improve memory (storage and recall).
- Group exercises - Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

XI. Unshakable Confidence™

Filled with self-doubt? Wish you were a better at ____? This workshop is designed to help the learner tackle the roots of self-doubt so they can evolve toward unshakable confidence. By building unshakable confidence, you will be moving to peak performance, able to access the wealth of your inner resources. **(Duration – 2.5 hours)**

Outline:

- Keys to confidence
- Confidence, self-esteem, self-worth
- Assess personal confidence, values and beliefs
- The T.E.A.M. Dynamic™ model and building confidence
- Techniques to free oneself from negative mental programming.
- Mindset and confidence
- Mental techniques to free oneself from old mental programming relating to happiness and positive perception.
- Group exercise – Mindset Retraining
- Sharing of experience
- Wrap-up
- Course evaluation

XII. Unleash Creativity™

Feeling stagnant and uninspired? Wish you could be more innovative at work? This workshop is designed to unleash in the learner a new level of creative energy in work and play. By unleashing creativity, you lead a richer life, open the door for innovation, growth and opportunity and expand your personal and professional success. **(Duration – 2.5 hours)**

Outline:

- Keys to creativity.
- Creativity, innovation and flow
- Factors affecting creative energy
- Assess personal creative strengths, values and beliefs

- Techniques to free oneself from mental programming that no longer serves as it specifically relates to creativity and innovation.
- The T.E.A.M. Dynamic[™] model to change creativity and creative energy
- Mindset and creativity
- Group exercise - Visualization
- Sharing of experience
- Wrap-up
- Course evaluation

XIII. Fearless Public Speaking[™]

Terrified at facing an audience? Public speaking is the number one fear reported by people. This workshop is designed to allow the learner to shed the fear of public so facing an audience can be an empowering and energizing experience. By becoming a fearless public speaker, you open yourself to opportunities to engage with others, advance in your career, be heard and be free to say 'yes' to lead or speak to a group. **(Duration – 2.5 hours)**

Outline:

- Assess personal beliefs and fears re: public speaking
- Keys to effective public speaking.
- Techniques to put the audience and the speaker at ease.
- Personal goals re: public speaking.
- The nature of fear
- Anchoring positive state
- T.E.A.M. Dynamic[™] and fear versus confidence.
- EFT for fear
- Group hypnosis exercises
- Sharing of experience
- Wrap-up
- Course evaluation

XIV. Living Rich[™]

What is a 'rich' life? Is it wealth? Health? Happiness? Love? It seems everyone is eager to have it all. This workshop will allow the learner to identify what living rich means for them, discover core values, develop a complete vision of their 'rich life', create a rich life 'blueprint' and provide them with a series of tools to make that life a reality. **(Duration – 2.5 hours)**

Outline:

- Assess 'Living Rich' beliefs and values.
- Defining the 'Living Rich' constellation.
- T.E.A.M. Dynamic[™] and 'Living Rich'.
- Explore concepts, values and goals. (purpose, meaning, health, wellness, relationship, love, wealth, abundance, work, play, success, growth, being and happiness)

- The 'Living Rich' MindPrint[™]
- Mind techniques to discover obstacles & resistance
- Mind techniques to realize 'Living Rich' concepts
- Group exercises
- Sharing of experience
- Course evaluation

XV. Soaring Sales[™]

Are you less than thrilled with your sales success? Are you feeling stuck? Are you struggling with how to move your prospects to 'yes'? Whether you work for a large company or are a company of one, you are always selling. Effective sales are all about win-win, communication and relationship. Through this workshop, learn the key ingredients, persuasive language techniques and the essential mindset to send your sales soaring. This workshop assumes the learner has some basic sales skill training. **(Duration – 2.5 hours)**

Outline:

- Personal values assessment
- Relationship and Sales
- Communication – Verbal & Non-verbal
- Alignment & Congruence – Body & Mind
- Win-Win – Benefits
- Getting to Yes
- Belief in sales
- Persuasive language – patterns and techniques
- Mental Rehearsal & Outcomes
- The Success MindPrint[™]
- Mind techniques to discover obstacles & resistance
- Mind techniques to realize sales success
- Group exercise – Mindset Retraining
- Sharing of experience
- Course evaluation