

Discover the secrets
of empowering
your mind and life.

★ Life
PROGRAM



Do you want to develop into someone you're proud of? Do you want your relationships to take on new meaning? Are you looking for real-world ways to organize your scattered thoughts and clear emotional roadblocks holding you back from significant change?

Quality Mind is a five-step mentoring program designed to steer your life in a direction meaningful to you. Your personal Mind Mentor™ will empower you with proven mental strategies and give you bespoke support – through the Quality Mind app.

How & why it works

Our program offers you tried-and-tested mental tools

The Life Program is based on proven strategies crafted personally by Richard Maloney. His designs have helped over 1000 clients to cultivate their minds and reshape their lives.

It's highly personalized

The program is designed to slot seamlessly into your life. It's customizable, online, and offers you the close guidance of a personal Mind Mentor™.

You determine the pace and the targets

You draw the blueprint. Our program maps out how to get there. Small, incremental steps lead to significant change.

You're actively kept accountable

Our Quality Mind App serves as a digital space for you - and your Mind Mentor™ - to follow your progress. But is also works to keep you on track in building a fulfilling life.

You have ongoing support

With our Life Program, you can maintain your motivation long after you've learned what we have to teach. We offer expansive, more intimate Quality Mind communities, webinars and forums.

Behind Quality Mind

At 18, our founder Richard Maloney was unable to overcome his own emotional roadblocks – and it cost him his career in professional football. It was this loss that kick-started his journey cultivating the mental tools to effectively help people push through their fears, thought patterns and emotional ruts.

Quality Mind's model is a blend of:

- ▶ Neuroscience
- ▶ Positive Psychology
- ▶ HeartMath Technology
- ▶ Neuro Linguistic Programming (NLP)
- ▶ Ancient Philosophies



Life PROGRAM



Who can benefit from this Quality Mind program?

Our Life Program is for anyone who wants to see a positive change in their circumstances. Whether you're an individual, a couple or a whole family, we help you manage destructive thought patterns and work towards a healthier, happier life. Our program takes a look at the bigger picture to find small, achievable changes for everyone that will help you break free from repetitive issues and personal obstacles.

We also offer deeper support if you're battling anxiety or depression.

Quality Mind is designed to help you:

- ▶ Declutter your mind
- ▶ Overcome emotional barriers
- ▶ Discover and dissolve self-doubt and fear of failure
- ▶ Beat procrastination
- ▶ Gain sharper focus
- ▶ Build more satisfying relationships
- ▶ Work towards healthier finances
- ▶ Reach better physical health

Our programs & packages

We offer package prices for upfront purchases. You're welcome to request other payment plan options.

Connect Crew

From 3 Months

This is where the journey to unleashing your Quality Mind begins. You'll have full access to the Quality Mind App and our Quality Mind community, including bespoke support from your Mind Mentor™ through the app and on live webinars.

Tailored Program

Variable Length

This is a powerful and personal development plan tailored to you. You'll tap into Richard Maloney's priceless experience through your Mind Mentor™, as well as gain access to a collection of webinars, workshops and your Quality Mind app.

Stay Connected

1 Months / 3 Months / 6 Months

This online program is designed to support you. It's up to you to keep yourself on track in building your Quality Mind after you've completed the *Connect Crew* or the *Tailored Program*.

All Programs Include

- ✓ App Access
- ✓ Video Tutorials
- ✓ Private Forum Access
- ✓ Live Group Webinars
- ✓ Live App Mentoring

+ **EXTRA** Additional One-On-One Mentoring Available

INCLUDED IN TAILORED PROGRAM

- ✓ One-On-One Mentoring

+ **EXTRA** Additional One-On-One Mentoring Available

★ Want to be a Mind Mentor™?

Does it feel great to empower others to do what they love? If so, you might be the perfect Mind Mentor™. Here's how it works. First, you need to live and breathe the Quality Mind program and follow a personal mentoring program for at least six months. Afterwards, you can apply to become a licensed Mind Mentor™.

Our client reviews

"I felt I had lost control. I felt overwhelmed completely and consumed with anxiety. I found the meditation and thought shopping really helpful. It let me switch off and step away from the feelings which then calms the anxiety. Within the first week, I knew it was something I could work."

JASON SWAIN

"With Quality Mind I can clean my mind and spend my daily energy on the things that really matter. This journey has been amazing."

ADRIAN COSIO

"For me the opportunities opening up as a result of Quality Mind is beyond any expectations I could have had – Life Changing!"

APRIL HOLDSWORTH



DOWNLOAD NOW



Simply call

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Find us online

www.qualitymindglobal.com

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Dream it, Live it

qualitymindglobal.com