

MINDFULNESS MASTERMIND

For Courageous Leaders



Better Decision Making

Mindfulness gives the tools to manage unpleasant emotions, that would otherwise impact our ability to make good decisions.



Reduce Emotional Reactions

Inspirational leaders make rational decisions. However, experiencing high amounts of pressure can lead to emotional behaviours.



More Creativity & Innovation

Mindfulness enables you to access your creative brain, be less fearful of failure which then cascades onto your team members.



More Resilience

The ability to recover quickly from setbacks, and manage pressure consistently, is a key factor to engaging and confident leadership.



Improved Focus

Mindfulness gives you the aptitude to bring more leadership presence, by cultivating focus and shutting down surrounding distractions.



Reduce Stress & Anxiety

The regular practice of mindfulness reduces the effects of stress on people's mental, emotional and physical health.



I WAS FEELING EXHAUSTED AND BURNT OUT

My anxiety levels were very high and I was feeling exhausted and burnt out. The key skill I have developed as part of the QM course is the ability to stop negativity in its track without judgement, then replacing the negative thought with something empowering. It sounds simple and it is, but it takes practice.

-Ivana Moretti - Group Communication Manager, Worley

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Are you a leader who understands the importance of mindfulness, both personally and professionally?

Do you have the desire and courage to bring more authenticity, peace, love and compassion to your personal and professional life?... Then this is for you.

This mastermind is designed to help you develop a new or existing mindfulness practice. It follows a proven system that transforms participants' lives for the better by improving their awareness of self, giving them the tools to manage their thoughts and emotions and the guidance to handle pressure.

Many people – both young and old – struggle to cope with mounting societal pressure. Quality Mind can arm them with the tools necessary to alleviate stress and anxiety.

This will enable you to deliver authentic leadership, and manage your emotions, especially when in highly stressful situations.

As you become both observer and participant of your life, aware and in control of your mind, you experience more motivated teams, stronger relationships and total inner peace.



I'M LIVING A LIFE FILLED WITH POSSIBILITIES

I'm amazed at how my life has changed. My confidence has soared and I'm living a full life filled with possibilities and opportunities. My relationships, life in general and outlook have improved. I'm living in gratitude. My vision and dreams are coming to fruition.

-ELeisa Smith - HR Manager

