
brain blinkers

Part One

PROGRAM OVERVIEW:

In a world of constant change in disruption, it is fundamental for people to have the skills in not only dealing with change but leading it. This unique program approaches the task by helping delegates unbridle themselves from old ways of thinking; to remove their mental barriers or “Brain Blinkers”. After removing limiting beliefs, negative thoughts and fears around change, the delegate is then ready to be armed with change leaderships tools and techniques to help them make and live the change they need both personally & professionally...

The Brain Blinkers workshop (Part 1 & 2) will leave participants motivated and inspired to make positive change in their lives, and to help open their eyes and minds to possibilities and opportunities that may have been hiding until now. Anthony helps participants recognise and remove the 3 key mental barriers to high performance and success – **limiting beliefs, negative thoughts and fear** – and provides the tools to keep the learning real, practical and relevant for the long term in both a personal and professional context.

KEY LEARNING OUTCOMES:

- Prepare for and lead change without fear and with clear direction & purpose
- Unblock themselves and others from mental barriers that get in the way of effective change & high performance.

WHO SHOULD ATTEND?

You, if you are ready to:

- Invest in yourself
- Improve your mindset
- Ready to take action.



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PROGRAM INCLUSIONS:

- Identify & remove limiting beliefs, self sabotage & fear of change for self and others
- Use a behavioural psychology tool (conscious cognitive technique) to help with change at all levels
- Additional option to include a Pastel Sketching immersion activity to prove beliefs can be changed. See Part 2.

DURATION:

- 1 - 3hr sessions available online via Zoom
- 1 - 8hr sessions available face to face.

PROGRAM PREREQUISITES:

- There are no prerequisites for this program.

