

*"If you can dream it, you can do it."
Walt Disney*



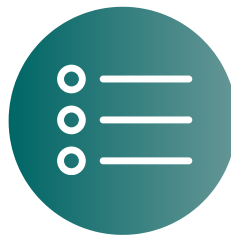
Mindset Coaching Basic

Where the focus goes, the energy flows.



Benefit

- You know your thoughts and your mindset
- You know the impact of a fixed mindset
- You have described your growth mindset as a vision
- You know the steps to realise your vision



Contents

- Journal management
- Brief location analysis according to the SOURCE model
- Own identity
- Target mindset
- Existing resources
- What hinders me?
- Which thoughts do I want to promote?
- Start of the mindset change / mindset consolidation



Target Groups

- People who want to take stock of their personal beliefs
- People who want to develop and establish a growth mindset from a fixed mindset
- People who want to get out of negativity
- People who want to establish their success mindset

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Agenda

1. Journaling
2. Introduction to the SOURCE model and overarching leadership topic
3. Own identity, values
4. Determine target mindset
5. Which existing thoughts help me achieve my goal
6. Which existing thoughts hinder me
7. Which thoughts do I want to promote?
8. How do I approach the mindset change?
9. Conclusion



Methoden

- Journaling
- Mindtrain SOURCE-Model[®]
- Neuroscience for Business
- Online Coaching

Formate

- 2.5 hours 1:1 coaching online
CHF 390.- plus VAT
- 2.5 hours 1:1 coaching
physically plus VAT and travel
expenses / room costs
- 2 hours onsite coaching for
companies per participant
CHF 295 plus VAT

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