



**mastering
mindsets**

CHANGING MINDSETS
CHANGES OUTCOMES

MASTERING MINDSETS
PRINCIPLES



Mastering Mindsets is a senior collective of accredited coaches and people-development experts, bringing decades of leadership experience from complex organisations.

Through psychometrics, leadership development and coaching, we transform stressed, striving managers, leaders and teams into thriving, focused, confident, healthy high performers.

We do this by removing limiting beliefs, amplifying strengths, and co-creating the mindsets, motivation, behaviours and skills needed for lasting performance and impact.

We Assess

Self-awareness is the foundation to mastering your mindset.



Choosing from our range of diagnostics and tools (or building on your existing assessment tools), we identify what is working and what isn't. The first step towards the performance, culture, behaviours and results desired.

We help individuals, Teams and Groups have insight into their strengths, preferences and limiting patterns.

Opening up choice and the opportunity for meaningful change.

We Develop Leaders

Bespoke
Modular
Solutions



We use a modular, experiential, blended learning approach that can incorporate various components.

We offer design and facilitation of development programmes be they 1 hour modules or several full day workshops.

We partner with our clients to create agile, self-aware, resilient individuals with improved self and team leadership capabilities. Our work equips them with new ways to tackle challenges and set up sustainable future success.

We Coach

We coach Individuals, Teams and Groups. From Non-Executive Directors, Senior Executive role transitions, High Potential Future Leaders, Parental Leave Returners to career transitions.

Our coaching programmes:

- Enable purpose alignment
- Expand strategic thinking and support better decision making
- Accelerate developmental progression
- Transform relational connections, communication and delivery.



Our Healthy High Performance Team Transformation Coaching programme enables organisations to develop teams with the right mindset, capabilities, awareness, dynamics and drive to achieve their collective power, potential and goals.

We stay with you



Impactful, curated
content, online
resources hub

Often there is a need for extra support and resources for you between workshop modules or coaching sessions. Our programmes include access to our curated online resource – the Mastery Knowledge Hub.

Whenever you need it, wherever you are in the world.

Empowering Talks



We provide one off events for your staff on key topics such as:

- Resilience for Brilliance
- The Stress Reset
- The Power of Sleep
- Her Health Matters
- The Wellness Edge