

Personal Development

A ten module comprehensive programme that covers all aspects of the five elements relationship model, the foundation of the Mind Gliding concept.

Mind Gliding Ltd – Tel: 01843 296565

A life changing experience !

“How to move from where you are to where you want to be”

Over a period of twelve weeks (min. 5 persons)

Start date:	to be arranged
Time:	9:00 – 12:30
Total sessions:	10 (weekly)
Costs:	£ 495 + VAT pp

The Ten Modules Programme

- 1. Creating awareness of who you are at this moment in time**
Where and what are we now?
- 2. Preparing the way forward**
How you would like your life to be?
- 3. Planning the way forward**
What will the new reality look like?
- 4. Bringing thoughts, ideas and dreams alive**
Transforming the ideas into some form of reality.
- 5. What might sabotage our plans?**
“Undoing retroreflection”: growing up.
- 6. How our internal reality shapes our future**
Certain beliefs cause you to act and react in a certain way.
- 7. Taking control of your destiny**
Taking responsibility for the world we have created for ourselves.
- 8. Becoming the person you really are**
The words of Nelson Mandela provide the material for this module.
- 9. Putting ideas into action**
Taking action to create the kind of results you are seeking.
- 10. Deciding and creating your future**
We can change and develop our lives