
MINDHABIT™ CORPORATE MASTERCLASS AND CHALLENGE

Hands-on, high-energy training and development sessions maximising team performance, productivity, and wellbeing

A 2 Step Program combining our half-day Masterclass with a guided 14-Day Team Habit Challenge, this formula offers exceptional training ROI. Participants will:



Discover time they didn't think they had



Understand causes of stress, and how to create better work-life-balance



Have fun



Gain simple yet sustainable techniques to improve their productivity and wellbeing



Learn habits and routines that the world's most exceptional people use to excel

WHO WE HELP?



Busy people interested in improving themselves by uncovering their performance blockers and learning the tools, techniques, and routines that the world's most effective people use every day to perform.



Great organisations who understand the importance of employee wellbeing, and are looking for an effective personal and professional development program that is a little bit different.

MEANINGFUL PARTICIPANT OUTCOMES

- 1 Discover time you thought you had lost
- 2 Debunk the mind and habit myths that hold people back from maximising their potential and productivity
- 3 Understand causes of stress, and how to create a work-life-balance that works for you
- 4 Learn the habits and routines that the world's most exceptional athletes, artists, and icons use to live productive and fulfilled lives
- 5 Design and build the simplest and most effective tool to make your healthy new habits stick
- 6 Kickstart your new daily routine by embedding your "Habit Stack" over a guided 14-Day Habit Challenge

IMPORTANT ORGANISATIONAL OUTCOMES

- 1 Improve team productivity and performance*
- 2 Increase employee engagement and intrinsic motivation levels
- 3 Provide team members with simple yet sustainable tools and techniques to improve their wellbeing
- 4 Create a happier workplace delivering exceptional ROI on your training investment*

**There is an abundance of scientific proof that happier and healthier employees consistently perform better than unhappy and unhealthy employees. Here are three examples; 1] An extensive 6-month study by Oxford University's Saïd Business School in 2019, in collaboration with British Telecom, has found that workers are 13% more productive when happy. Their study provides the first causal field evidence for this relationship. 2] A meta-analysis conducted in 2005 of over 200 scientific studies with more than 275,000 people, found that happiness leads to success in nearly every domain of our lives, including our jobs. 2] According to the Australian PwC Report; "Creating a Mentally Healthy Workplace" published in March 2014, organisations that successfully implement an effective action to create a mentally healthy workplace, on average can expect a positive Return On Investment (ROI) of 2.3*

2 STEP PROGRAM

Your tailored Program starts with a half-day Masterclass, followed by a guided 14-Day Habit Challenge including interactive daily lessons, team Q&A sessions, and remote coaching to deliver exceptional training ROI.

STEP 1

Half Day Masterclass

Debunk the Mind and Habit Myths holding people back

Learn the importance of the "5 Habit P's"

Discover powerful Five-2-Thrive (F2T) Habits

Design and build a Habit Stack:

- i. Find your Spark
 - ii. Create Implementation Intentions
 - iii. Discover genuine Celebration Moments
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Wrap up and intro to the F2T 14-Day Habit Challenge

STEP 2

Five-2-Thrive 14-Day Habit Challenge

Amplify and embed Masterclass learnings by completing the online Healthy Habits Short Course (optional)

Apply the "5 Habit P's" to your daily routine

Discover the power of your Habit Stack and create Accountability Partners

3-Step daily challenge lessons include:

- i. Accelerated online lesson
 - ii. Habit "stacking"
 - iii. Accountability check-in
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Live team coaching sessions on Day 1, 7, and 14

1-to-1 remote coaching available

Participants	Up to 20 live in-person Up to 10 for live online
Time commitment	6+ hours over 1 month
Effort	 Medium
Impact (participants)	Immense
Impact (organisation)	High
Inclusions:	<p>Pre-Program: Client consultation to tailor Masterclass to participant's needs and desired organisational outcomes.</p> <p>Step 1: Masterclass: Each participant receives an interactive step-by-step PDF Guidebook to support their learning process during the day. Importantly, the Guidebook becomes a useful resource for them to refer to during the F2T 14-Day Habit Challenge and beyond.</p> <p>Step 2: Challenge: Each participant receives access to the Thriver+ School's 'Create Healthy New Habits' Foundation Course. Then, join a guided F2T 14-Day Team Habit Challenge, including remote coaching support by Chat, phone, and email.</p> <p>Post-Program: Each participant receives 1 month's remote coaching access, 1-year's access to Thriver+ and the F2T 14-Day Habit Challenge. 1-to-1 coaching also available on request.</p>

How we support you and your team:



Hands-on
high-energy
training sessions



Masterclass focused
on individual +
organisational
outcomes



14-Day Challenge
Chat with real
people
(no chat bots here!)



Self-paced interactive
online Course
(app or computer
access)



Coaching support
available from
Day 1



Your Head Coach,
Gareth

Gareth's purpose is to use his knowledge and skills to help people become healthier and happier.

- > Mindhabit Head Coach and Thriverapp Co-Founder
- > Family man, friend, and lifelong learner
- > Committed to improving himself and his community
- > 25+ years in corporate, 15+ years in self-improvement, 5+ years in coaching
- > DISC, Motivators, Emotional Quotient accredited Coach
- > Bachelor of Arts in Social and Cultural Anthropology, and MBA in Strategy

2021 Investment Rates*

IN PERSON	LIVE ONLINE
\$5,950 ^{+gst} for up to 10 participants	\$3,495 ^{+gst} for up to 5 participants
\$6,950 ^{+gst} for up to 15 participants	\$4,395 ^{+gst} for up to 7 participants
\$7,950 ^{+gst} for up to 20 participants	\$5,295 ^{+gst} for up to 10 participants

Investment rates are in Australian Dollars.

*Make sure you ask us about our Youth Organisation and Non-For-Profit discounts.



CONTACT

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OUR PROMISE TO YOU

We put in 100% effort to help your team maximise their potential, minimise stress, and create healthy new habits that stick. If any participant puts in that same amount of effort, and feels that they did not get the results they are looking for, we'll give you your money back.



Disclaimer: The information provided in our Performance Coaching programs are not a substitute for medical advice, nor are they to be used for diagnosis and treatment. If you or any person you are concerned about are at risk of harm or harm to others, please seek qualified professional medical assistance immediately. All content provided is for discussion purposes only. It is not prescriptive nor a substitute for qualified financial, legal, medical, psychological guidance. Always seek qualified help before making important choices, or if there is a need best suited for a qualified expert.

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