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# MINDHABIT™ INDIVIDUAL COACHING SOLUTIONS

Flexible, personalised, and effective packages to suit any busy schedule and budget

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*From accelerated 1-hour Masterclasses, through to DISC + Motivator's assessment and analysis, our science-led, philosophy inspired coaching solutions help you to:*



Discover time you didn't think you had



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



Uncover your purpose and core values



Design a strategic plan for life, connecting your daily routine to your purpose



Create a super-effective tool to embed new habits into your routine

# WHO WE HELP?

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

## COACHING SOLUTIONS

### Solutions

- 1x 90 min Performance Coaching Session**  
Coaching sessions as flexible as you need them to be
- 3x 90 min Performance Coaching Session Package**  
Coaching sessions as flexible as you need them to be
- DISC + Motivators assessment and Talent Insights bundle**
  - > Complete one of the world's most popular behavioural and personality style self-assessment tools
  - > Gain insight into your behaviours and motivators with a guided analysis of your Talent Insights Report
  - > Become aware of how to integrate your behaviours and motivators to maximise your strengths and minimise your weaknesses
- Habit "stacking" Masterclass + Course and 14-Day Challenge bundle**
  - > Accelerated Masterclass to debunk 4 habit myths, learn the "Five-2-Thrive" Habits, "5 Habit P's", and how to design your own Habit Stack
  - > Participate in the Course and Challenge to embed your learnings and kickstart your healthy new routine in the simplest and most effective way possible
- Life Strategy Masterclass + Course bundle**
  - > Accelerated Masterclass to discover time and stress management techniques, along with how to design a strategic plan for your life
  - > Participate in the Course to embed your learnings and execute a proven 6-step strategic planning
- Purpose and Values Masterclass + Course bundle**
  - > Accelerated Masterclass to set yourself up to discover your purpose and core values
  - > Participate in the Course to complete 6 self-reflection exercises, a considered analysis, and your Personal Vision Statement

### Inclusions

Session includes a 'discovery meeting' and post-session 'check-up'

All sessions include 'discovery meeting and post-session 'check-ups'

Comprehensive online assessment, followed by a 90-min analysis of your Talent Insights Report

1-hour live online Masterclass, followed by 2+ hour guided Course and 14-Day Habit Challenge\*

1-to-1 personalised coaching support included

1-hour live online Masterclass, followed by 4+ hour guided Course\*

1-to-1 personalised coaching support included

Pre-Masterclass assessment, 1-hour live online Masterclass, followed by 8+ hour guided Course\*

1-to-1 personalised coaching support included

*\* Invite a partner to join you for any of our 1-to-1 Masterclass + Course bundles and you both receive a 25% discount (check out your Investment Rates on the next page).*

# If any of this sounds familiar, we can help:

Life is hectic, and I feel I'm not as productive as I could be

It takes a lot of effort to break bad habits and embed new ones

I am doing well, but sometimes I feel stressed about the future

I'm sick of snake oil salesmen selling me their 'secrets to success'

## How we support you:



Flexible and personalised solutions to suit just about anyone



1-to-1 Private Coaching Sessions



Live online Coaching options



Interactive self-paced online modules (app or computer access)



In-course Chat with real people (no chat bots here!)



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

## Investment Rates\*

	INDIVIDUAL	PARTNER PACK (2 PARTICIPANTS)		INDIVIDUAL	PARTNER PACK (2 PARTICIPANTS)
1 1x 90 min Coaching session	\$600 <sup>+gst</sup>	Not applicable	4 Habit Masterclass + Course and Challenge	\$300 <sup>+gst</sup>	\$450 <sup>+gst</sup>
2 3x 90 min Coaching sessions	\$1,500 <sup>+gst</sup>	Not applicable	5 Life Strategy Masterclass + Course	\$300 <sup>+gst</sup>	\$450 <sup>+gst</sup>
3 DISC + Motivators Assessment + Analysis	\$800 <sup>+gst</sup>	Not applicable	6 Purpose and Values Masterclass + Course	\$450 <sup>+gst</sup>	\$675 <sup>+gst</sup>

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 you maximise your potential, minimise stress, and create healthy new habits that stick. If you put in that same amount of effort and feel that you do not get the results you are looking for, we'll give you 100% of 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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