
MINDHABIT™ SIGNATURE COACHING PROGRAM

A science-led, philosophy-inspired process to uncover time, direction
and priorities to amplify health and happiness

*Combining Thriver+ School's 3 Foundation Courses and Challenge with 1-to-1 coaching,
Mindhabit's 3-Step Program helps you:*



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.

STEP 1

FIND YOUR WHY

A Powerful self-discovery adventure to uncover your purpose and core values.



Learn three critical success factors to 'finding your why', complete 6 self-reflection exercises and a considered analysis to create 6+ actionable insights, a set of core values, and your Personal Vision Statement.

Time commitment	8+ hours
Effort	 High (self-discovery is not easy)
Life impact	Immense
Key Outcomes	<ol style="list-style-type: none">1 Discover the direction you need to be heading to live a life with more purpose2 Develop mindset strengths and minimise weaknesses3 Overcome your internal and external 'success' blockers4 Expand your circle of influence
Coaching Support	2 private 90 min sessions + additional support

STEP 2

BUILD YOUR PRINCIPLES PYRAMID

Connect your everyday routine to your purpose by designing a Strategic Plan for Life



Following a proven 6-step strategic planning process, you'll develop balance and alignment among your daily activities, personal, and professional goals.

Time commitment	4+ hours
Effort	 Medium
Life impact	High
Key Outcomes	<ol style="list-style-type: none">1 Build confidence in your life-direction2 Clarity around how to achieve your personal and professional goals3 Maximise productivity4 Minimise stress
Coaching Support	2 private 90 min sessions + additional support

STEP 3.1

CREATE HEALTHY NEW HABITS



Find the time you didn't think you had, then design a super-effective tool so that your healthy new habits stick

Debunk critical habit myths and discover the 5 simple routines, that many of the world's exceptional people use every day to live productive and fulfilled lives. Then, design the simplest and most effective tool to embed healthy new habits into your daily routine.

Time commitment	2+ hours
Effort	 Low
Life impact	Immense
Key Outcomes	<ol style="list-style-type: none"> 1 Debunk 4 habit myths that may be holding you back 2 Learn the "Five-2-Thrive" Habits and "5 Habit Ps", and why they're so important 3 Create your own Micro Habits 4 Design a Habit Stack
Coaching Support	2 private 60 min sessions + additional support

STEP 3.2

FIVE-2-THRIVE HABIT CHALLENGE

14-days to kickstart your healthy new daily routine in the simplest and most effective way possible

Test drive your Habit Stack for the first time, then each day - in under 10-min - you'll follow the scientifically proven habit creation process below. Throughout the Challenge you have access to our Coaches on Chat.



Time commitment	2+ hours over 14 days
Effort	 Low
Life impact	High
Key Outcomes	<ol style="list-style-type: none"> 1 Start applying the "5 Habit Ps" 2 Discover the power of your Habit Stack 3 Create Accountability Partnerships 4 Take control by embedding Five-2-Thrive Micro Habits into your daily routine
Coaching Support	1 private 60 min session + additional support

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 during your program:



1-to-1 Private Coaching Sessions



Live online Coaching and Q&A



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



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



Access to private Thriver+ Facebook Group



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

Master's Program

all-inclusive*

\$4,950 ^{+gst}

Accelerated Program

all-inclusive*

\$1,950 ^{+gst}

Investment rates are in Australian Dollars.

*The Master's Program includes 1 year's direct coaching support, 7 Private 1-to-1 Coaching Sessions, and the Talent Insights Assessment (DISC + Motivators Assessment). The Accelerated Program includes 6 months direct coaching support and 3 Private 1-to-1 Coaching Sessions



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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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