

Mind-Grow-Tainment & Mind-Flow-Grow

Going Beyond Motivation and Information To GRIT, Growth, Enlightenment and Transformation... Be Consciously Constructive and Build Resilient, Agile, Responsive, Courageous, Conscious Mindsets.

"If we're to regain our Soul Purpose, live happily together ...to sustainably succeed in the new world of work, we must RETHINK how we are living, learning, listening, loving, leading and leaving a legacy."

We Need New, GO, SWIFT Action, Mindsets

To THRIVE, we need resilient, growth-oriented (GO), Courageous Mindset people, high-performance Teamwork, more Trust & Tolerance, and amazing Limitless Likeable Leadership, everywhere, in an exponential-impacts-enabling culture & workplace.

We all know that motivational talk's impacts never last. We know that we can read a book but seldom apply the wisdom or information. Research shows that typically less than 12% of what is learnt in normal training is forgotten within 30 days! Fixed or fear-based mindsets stifle creativity, connection and potential.

We need a Revolution in Thinking and Experience... which will shift...WHAT and HOW we see; and how we FEEL and ACT; and create the results we achieve... on an ongoing, considerate, collaborative, caring, more compassionate and conscious basis.



Self-Mastery is the beginning of all success. We all know that Willpower is not the solution to sustainable change. We need something more effective to help us in becoming more mindful, conscious, self-aware and self-managed... so that we can self-direct, expand & optimise our possibilities, and achieve our full potential.

Tony Dovale's invested over 40 years in designing, developing, testing and refining, the most valuable, powerful and effective, Personal Transformation and Life Mastery Mind-Shifting, experiences you can enjoy and embrace.

Mind-Grow-Tainment and **Mind-Flow-Grow** are the potent technologies that Tony's developed to achieve "Life-Changing" results in short, action-learning, experiences. These provide deep learning, paradigm shifting insights, long-term impacts, lessons, and strategies, to help expand potential, live and lead a positive, meaningful, valuable and outstanding life that supports People, Planet & Performance/Profits.

Tony's sessions include a variety of adult learning methodologies and interactive encounters that enable participants to experience learning and growth pertinent to themselves, their life, and their workplace contexts. This makes the learnings more relevant, valuable and beneficial to the person, and to the business.

1. Mind-Grow-Tainment - Interactive Fun Experiences

- INSIGHT: Mini lecture/presentation on best practices and latest HPO developments
- INSPIRE: Fun activity, process or edu-tainment-video to use the info, tools or strategies
- INSTALL: Explore / activate creative practices and benefits relating to life and work gains.

2. Mind-Flow-Grow - Interactive GROWTH Action-Learning Experiences

- INTEGRATE: Front load/ pre-frame content and align to workplace challenges
- INSIGHT: Mini lecture/presentation on best practices and latest developments
- INSPIRE: Insightful Experiential Action Learning activity, process or edu-video
- INSTALL: Future Pace Application; Challenges, Consequences and Benefits
- EXPAND: Explore inventive benefits and creative practices across life and work.
- ENERGISE: Identity and Values Elicitation, Re-alignment and expansion of potential.
- EMBED: Proactive Memory Re-think – PMR to embed new identity & build consciousness



Our unique action learning experiential process often achieves life-changing results in times as short as just 1 day. These experiences, learnings and wisdom impacts have been shown to last more than 10 years!

Revolutionary Workplace, CLEARx, Formula WON, FIERCE Focus, SWIFT Action are Life Masters proprietary systems –

www.clearsystem.shift.za.net Cell -083-447-6300 CLEARX@coachfree.com

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Tough Mindsets Transform Tough Times Into Mastery & Meaningful Magnificence

Mindset Mastery Experience...To Truly expand Potential and Transform Self Mastery Success

This includes a blend of Mind-Grow Tainment (fun), as well as Mind-Flow-Grow (Focused) based upon 40+ years of Tony's research/development, and global best practices for optimising Self and Team Mindsets.

*Participants are acquainted with latest research relating to the Brain, Mind and Mindset and high performance. This includes development of **Psychological Capital, Consciousness and Neuro Plasticity:***

- **Resilience, Self-efficacy, Hope & Optimism**

Mindset Mastery incorporates Self Awareness, Mindfulness, Managing States, Self-Talk, Identity, Values, Expectations and Beliefs, that impact perspectives, paradigms, mindset states, and moods that predispose you to action or inaction.



Become 7 Times More Valuable!

This also include the International Research by professor Stoltz (AQ/Resilience developer)... on the Mindset qualities most needed by business management. This shows the top 20 Mindset qualities in order of desire and value, that can make staff members up to 7 times more valuable in their workplace, and make them up to 8.4 times more valuable as a workplace leader.

The Mind-Grow-tainment process can include information and exercises on the foundations and strategies for developing a Courageous High-Performance (Growth Oriented) mindset. These include Neuro Plasticity, Mirror Neurons, Neuro Leadership, Unconscious Bias, Sub-conscious influence & control, Neuro Linguistic Programming (NLP); Deletion, Distortion and Decisions in Meaning Making, and the impacts upon Identity, self-awareness, self-management and self-mastery.

Participants discover the differences between Courageous / Growth and Fixed Mindsets; Understand and use the Proactive Memory Rewire (PMR) process of refocusing and rewiring their viewpoints, thinking, feelings and actions, to ensure best mindset states under pressure. Learn about the benefits and structure of a Resilient Mindset; Use the GO Mindset Mastery Success Ensurance system to begin to rewire a long-term shift in their own Consciousness, Identity, Self-Awareness Self Confidence and Self-efficacy;

Participants learn to be able to Peer Coach each other and support team members to achieve optimal mindsets and performance; Greater consciousness and self-awareness... and gain effective tips, tools and techniques that leads to greater SELF MASTERY.

Participants receive a digital copy of Tony's upcoming book on GO Mindsets; SWIFT SUCCESS: The Revolutionary way to shift from whining to Winning FAST! Value R330

❖ **Testimonial:** Mind blowing! Learnt things that I didn't /wasn't aware that I was carrying / feeling. Left a better & bigger person, looking forward to a wonderful future.
Nokuthele OPP

❖ **Tony's one of the most thought-provoking and stimulating facilitators and speakers, ever!**
Clive Stacey – Strategy Guru



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