

Discover the secrets  
to eliminating  
mental burnout.

# Business

★ PROGRAM



*Are you frustrated by a lack of progress in your career? Are you overwhelmed, burnt out and struggling to manage stress? Looking for proven strategies to overcome destructive thought patterns or unproductive habits?*

**Quality Mind is a five-step business program that arms entrepreneurs, leaders and teams with the proven mental tools needed to achieve purpose, focus and productivity in the workplace.**

### Who can benefit from this Quality Mind program?

If you're having difficulty aligning your mind and motivation with your business and career aspirations, this business program is for you. It doesn't matter which field, which industry, which position or which structure (corporate or startup) you're in. This program is about you as a person. And we'll tailor our proven mental tools to meet you where you're at.

### How & why it works

#### **You get a tailored professional development plan**

We know that finding the mental tools that work for YOU and YOUR BUSINESS is vital to lasting change. That's why, in addition to our online program, you get a personal Mind Mentor™ to support you through the Quality Mind app. Your Mind Mentor™ will help you discover the areas of your mind that are stunting your progress and work towards making a positive change. We work to push through whatever's obstructing the meaningful growth you're looking for in your career or business.

#### **Our App is designed to keep you on the road to business success**

We know you have a lot on your mind. That's why we've designed a mobile application to help you build toward consistent progress. Within the app, your Mind Mentor™ will track your progress and keep you laser-focused on your specific goals. A vibrant community also offers bespoke support. The app serves as a fast-access tool that'll keep you accountable for your short and long-term targets.

#### **The end result is clear progress in your career**

Building a career or a business requires visible results each and every day. That's why we designed the business program to arm you with the most effective mental tools - tools that can push you through even your most challenging days to deliver consistent results.

### Behind Quality Mind

At 18, our founder Richard Maloney was unable to overcome his own emotional roadblocks – and it cost him his career in professional football. It was this loss that kick-started his journey cultivating the mental tools to effectively help people push through their fears, thought patterns and emotional ruts.

### Quality Mind's model is a blend of:

- ▶ Neuroscience
- ▶ Positive Psychology
- ▶ HeartMath Technology
- ▶ Neuro Linguistic Programming (NLP)
- ▶ Ancient Philosophies



A photograph of three business professionals in an office setting, smiling and engaged in conversation. The word "Business" is written in a large, white, cursive font across the center, with a white star icon to its left. Below "Business" is the word "PROGRAM" in a smaller, white, sans-serif font.

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### Employees

When you're part of a team, your performance – or lack of it – clearly affects your colleagues. That's why our business program works so effectively for employees. You need to balance finding personal clarity, contentment and focus with your responsibility to deliver KPIs. Our online program allows you that freedom.

### Leaders

As a business leader you need a level of mental clarity that's incredibly difficult to maintain in such a fast-paced, time-poor environment. This program is purposely designed to make finding your focus that much easier, as well as learning how to cope under pressure and in high-stress situations.

The end goal? Helping you become a better leader with more motivated teams, stronger professional relationships and total peace of mind.

### Entrepreneurs

Whether you're starting out or an experienced entrepreneur, this program will help you stay effective and motivated.

The tools we offer in this program increase your ability to make complex decisions while also improving your day-to-day productivity. You'll become as astute mentally as you are commercially.

Our business program offers you a series of support systems to get your mind behind your career goals.

## Quality Mind is designed to help you or your team:

- ▶ Identify destructive thought patterns
- ▶ Break unhelpful habits
- ▶ Eliminate self doubt and create confidence
- ▶ Gain clarity on the big-picture
- ▶ Increase focus to execute day-to-day tasks
- ▶ Optimize energy and motivation
- ▶ Beat procrastination
- ▶ Reduce anxiety
- ▶ Boost productivity
- ▶ Build more satisfying relationships
- ▶ Work towards healthier finances
- ▶ Respond efficiently to pressure

## HERE ARE 3 OF OUR MOST POPULAR PACKAGES

01

### Workshops

#### **INTRODUCTION TO MINDFULNESS:**

Discover the fundamentals of building a Quality Mind, including how to get started and why it can help you.

#### **LEADERSHIP AND TEAM**

**BUILDING:** Master mental clarity in a fast-paced and time poor business landscape. Develop strong, long-lasting working relationships.

**STRESS MANAGEMENT:** Learn how best to deal with stressful working environments and high-pressure situations. Find calm in the storm.

#### **PERFORMANCE AND**

**PRODUCTIVITY:** Maximise your output and always deliver your best through proven cognitive techniques that boost performance.

02

### Crews

**CONNECT CREW:** A 6 month program with between 5 and 15 participants. You'll have full access to the Quality Mind app and our Quality Mind community, including bespoke support from your Mind Mentor™ through the app and on live webinars.

**POWER CREW:** A month-by-month program with up to 100 participants. Weekly sessions will focus on themes around wellness in the workplace and transforming company culture.

#### **STAY CONNECTED CREW:**

A personal, online program designed to support you after you've completed a 6 month program. Keep yourself on track in building your Quality Mind. You will learn from our Global Mind Mentors, as well as gain access to a collection of webinars, workshops and with your app.

03

### Tailored Programs

Powerful and personal development plans tailored to you. You'll tap into our CEO's priceless experience through your Mind Mentor™ with one on one mentoring, as well as gain access to a collection of webinars, workshops and your Quality Mind app.

*Dream it, Live it*



**Want to be a Mind Mentor™?**

Does it feel great to empower others to do what they love? If so, you might be the perfect Mind Mentor™.

*Here's how you can do exactly that by being a licensed Mind Mentor™. Live and breathe the Quality Mind program for at least three months and you'll be eligible to apply.*

## Our client reviews

"I was a chronic over-thinker and got stressed pretty quickly and in the past that could last 4-5 days. Now I have the tools to deal with it and get on with life. My interactions with my staff have been far more genuine and I think when you have that people are on your team."

**MARTIN DENCH, BUSINESS LEADER**

"I've done quite a few courses and formal training, sometimes this is hard to put into practice. Quality Mind uses progressive incremental changes which goes a long way to making it stick."

**SCOTT TUCKER, BUSINESS LEADER**

"I am much calmer in work and so much happier with my home life. I now feel more engaged with my life and with everything that's going on. It's expanded my mind and it's changed my life for the better."

**NICK CLARINGBOLD, BUSINESS LEADER & PARENT**

[qualitymindglobal.com](http://qualitymindglobal.com)



**DOWNLOAD NOW**



Simply call

**1300 QMLIFE or 1300 765 433**

Email us at

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Find us online

**[www.qualitymindglobal.com](http://www.qualitymindglobal.com)**

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*Dream it, Live it*