



A Short Guide to The Mindset Revolution Coaching Programmes



The Mindset Revolution

Foreword

Hello!

Have you ever looked at people who are super successful either professionally or socially and thought to yourself “how gifted” or “how lucky”?

Yet the truth, either intentionally or subconsciously, is these super successful people have developed a system of mind management which has enabled them to be different. Quite simply they are able to control their thoughts, turn fear into power, problems into challenges, lethargy into energy. The great news is this power is present in everyone, not just a gifted few.

For many years I have dedicated my life to finding out just what it is that makes these successful people different, researching and discovering more about their techniques, beliefs, passions, strategies and most importantly the limitless vision which enables them to achieve.

With The Mindset Revolution you can discover these techniques of success for yourself; it's all within your grasp and the opportunity is here to be taken, but you must do something about it. Understanding you have a choice, that you can take action, that you can enable yourself to take positive control of your life, is one of the greatest gifts life has to offer. Learning The 7 Key Mindsets is your first step.

I hope this short guide helps you decide that now is the time for you to take action and dare to be different.

Don't just dream it, be it!

Very best wishes

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Motivational Speaker & Coach
Founder of The Mindset Revolution

Marcus is an international speaker from London. His fascinating story of personal & business triumphs and tragedies inspired his formula for Success. He has worked with The London 2012 Olympics, Chelsea Football Club Foundation, Santander and 1000's of people just like you!





What Is Mindset Coaching?

Overview

Mindset coaching retrains your brain to ditch bad habits, avoid unhelpful thinking and empower you to have a new default setting of anything is possible.

The human brain is the most incredible thing in the known universe. In its simplest form it can be described as being hard and soft wired. The hard wiring is the stuff we are born with and helps run our systems like breathing, heartbeat, temperature and millions of other processes. In the main these things just happen and we don't have to think about them. If we were to use a computer analogy this is our hardware.

From the day we are born, and some would say before, we start getting information that becomes part of our soft wiring. This is the information that affects how we think, feel and act. To continue with the computer analogy this is our software. It changes over time as we learn, grow, and have different experiences. The more experiences we have, especially those that are similar, then create and contribute to our subconscious mind. Our operating system if you like. Then new and occasional experiences are added and removed, a bit like apps on our phone or computers.

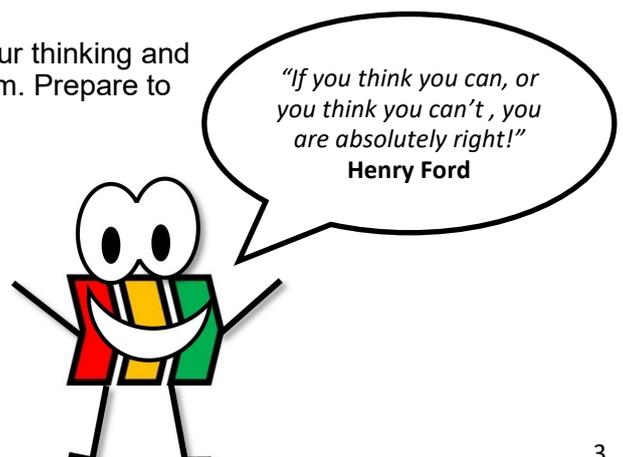
The combination of all this goes to make up who we are.

Some people run great programmes and apps, refreshing and deleting on a regular basis so they run well and efficiently. They are positive, can do people. They Are enthusiastic and get things done. They are for the most part happy and live a fulfilled, rewarding life.

Many other people, and unfortunately they are the majority right now, run old or unhelpful programmes. They don't update or delete unused apps. Their systems become overloaded and just like a computer they slow right down. This manifests itself in the form of stress, confusion, frustration, and a general feeling of unhappiness.

Mindset coaching helps people retrain their brain so that they are able to engage in new ways of thinking, change habits, personality traits and adopt new best practice in everything they do in life, career or business.

Our unique 7 Key Mindsets formula will quickly empower your thinking and ensure you to get the best out of your life, business and team. Prepare to work smarter, not harder, in everything you do.



The Mindset Revolution



"Our life is what our thoughts make it"
Marcus Aurelius
Roman Emperor 121–180 AD

The 7 Key Mindsets

Overview

The 7 key Mindsets are essential for changing the way you think, feel and act. Many people attempt to learn new skills or change habits. After initial enthusiasm most people begin to drift back into old ways and habits. Why? Because they have not changed their mindset, their core and dominant brain function enough to value the new skill or habit. Change the mindset, change anything, permanently.

Conscious Mindset

Become aware that you are what you think. That you can retrain your brain to embrace a winning mindset. Discover where you are now, where you really want to be and how to get there.

Calm Mindset

Understand, manage, and overcome negative stress. Be calm and focused for key decision making. Improve general health and well being.

Love Mindset

In order to grow we must first love ourselves, what we do, and the life we live. Keep what's great about you already and change the things that could be better.

Goal Mindset

With the right S.M.A.R.T. goals and REAL dreams you can create a life of wonder. Measuring performance is the only way to improve, so our metrics & goal tracking software helps you make it happen.

Storyboard Mindset

We all tell the story of who we are every day, both to ourselves, and those around us. This is your opportunity to write or re write your story. Make yours magnificent.

Future Mindset

Learn to create something we call your 'Future History'. Predict and create a clear vision of your desired future, then use powerful visualisation techniques until it becomes your reality.

Meta Mindset

Meta means beyond the self. By creating a Mind Palace where you retrain your brain and bring all the other mindsets together, you will be empowered to generate an aura of confidence and radiate positivity.



The Mindset Revolution Coaching Programmes

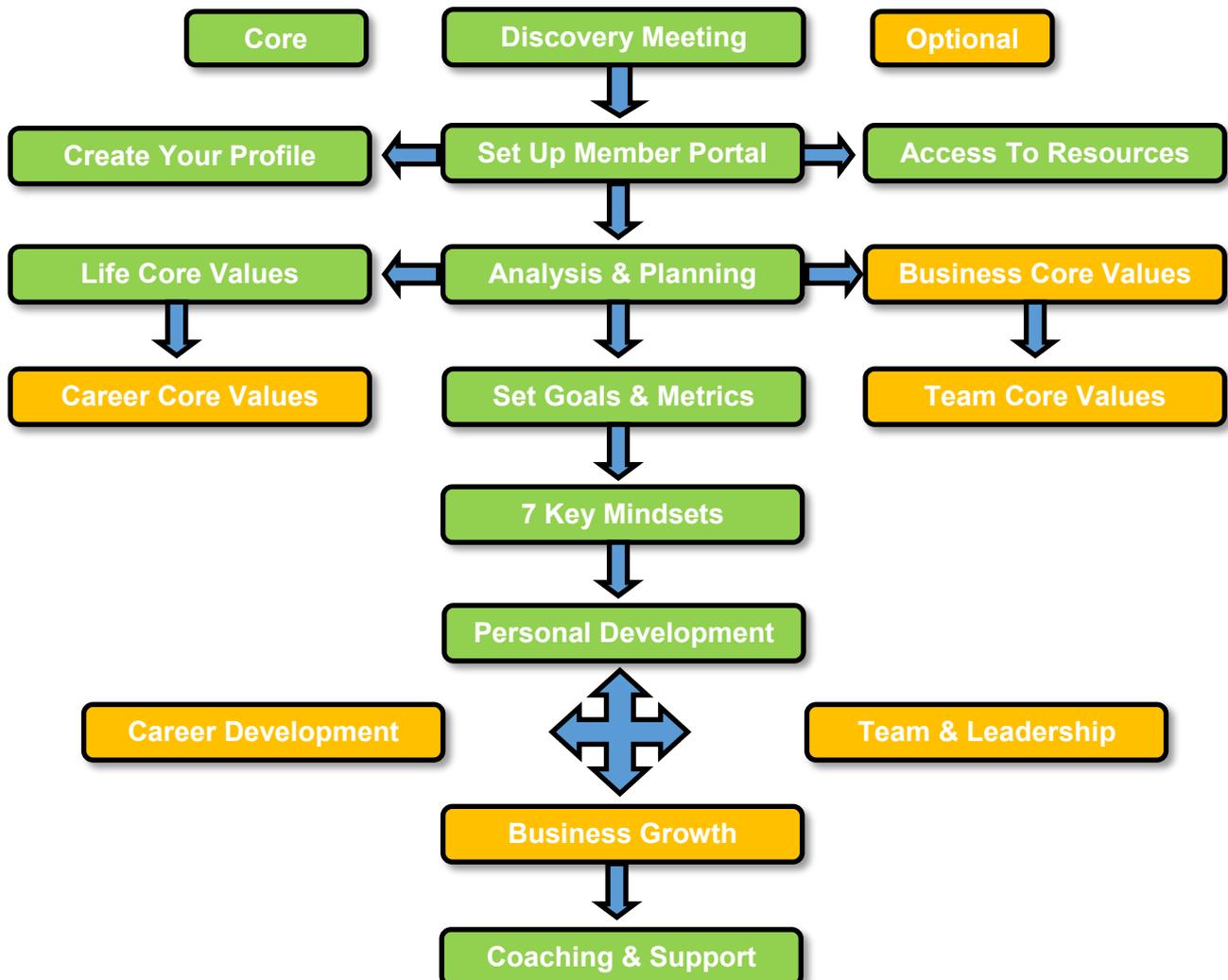
Overview

To give participants a structured and supported environment to bring about positive change in their life, career, business or team. All our programmes run on core themes with the ability to be adjusted to meet the goals and aims of the participant.

Programme Objectives

To give the participant a greater understanding of how creating positive and growth mindsets can influence key factors in their personal & professional life. The way we think, feel, and act is all influenced by our dominant mindset. This programme endeavours to explain the background to how positive and negative mindsets are developed and then equip the participant with the tools and techniques to, if they wish, have a more positive, proactive, and productive mindset as their default. It will also endeavour to help participants change key thinking processes empowering them to embrace new skill sets.

Programme Structure





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Overview



Stream



Metrics



Actions



Session Notes



Worksheets



Journal



Files



Whiteboards



Client Management Portal



"If you can't track it, you can't improve it!"

Overview

An interactive portal for you and your coach so you both have 24/7 access to all the work you do together, set and track goals and record all your achievements. Available via all devices.

We have found that if you have easy access to development tools and systems you are much more likely to engage with them and get great results. Our fully interactive portal gives you access to the following resources;

Overview is an at a glance look at everything we are working on.

Stream is a Facebook style area where we can view, track, and make concise comments on areas of focus.

Metrics are where we list, track progress towards, and achieve goals. A great visual motivator to focus your mind on outcomes.

Actions are where we timeframe what needs doing and by when. You can create tasks, set reminders and even manage projects.

Session notes are self explanatory and good for you to reflect on and value your progress.

Worksheets help plan our sessions for greater efficiency. They keep focus, yet are flexible enough to adapt as required.

Journaling is a great place to 'Brain Dump' what's working, what's not, what you are learning, and how you are feeling.

Files contains a library of resources such as video, audio and other materials to keep you motivated and on track.

Virtual whiteboards enable us to brainstorm and keep a record of what we achieved.



Outcomes

Overview

To have developed a default mindset that focuses on limitless possibilities and a more positive way of thinking 80% of the time. The realisation that you are the architect of your life, thoughts and feelings. An understanding that you can overcome limiting beliefs, manage stress, and positively influence the world around you.

Outcomes will vary depending on the individual needs of the participant. The most likely core outcomes from the Personal Development programme are;

- The ability to understand, manage, and reduce negative stress.
- Being aware of how self talk influences our attitudes and daily interactions.
- To have an understanding of why goal setting is important and how to achieve them.
- Be able to use visualisation techniques with clarity to positively influence future outcomes.
- To develop your best personality traits and reframe or replace those which may be unhelpful..
- A greater understanding and awareness of how your thinking influences real world outcomes.
- To confidently communicate the best version of you both at a conscious and subconscious level.

Outcomes for the optional Business Growth, Career Development and Teams & Leadership programmes will also vary as these programmes are more bespoke. Examples of the most common outcomes are:

Business Growth

- Create a saleable asset.
- Learn how to procrastinate less and focus more.
- Being able to set meaningful goals and hit targets.
- Find more time and have better structure in your day.
- The ability to write and manage an engaging business plan.
- Grow your business and or increase profitability by 20% plus*.

"Albert Einstein said 'continually doing the same things expecting different results is the road to madness' and I agree!"

Career Development

- Stand out from the competition.
- Prepare for upscaling or role switch.
- Understand the unadvertised job market.
- How to make sure you are in the right career.
- Have the right mindset to rise to the levels you truly desire.

Teams & Leadership

- Be able to inspire.
- Reframe unhelpful habits.
- Better communication skills.
- How to manage and increase sales.
- Learn the skills not taught to 75% of managers!
- Adapt your skills to embrace key leadership styles.



Book your discovery meeting to see if we are right for you and you are right for us. Call **0203 475 3302** or email marcus@themindsetrevolution.co.uk or visit www.themindsetrevolution.co.uk.

"If a thing is humanly possible, consider it within your reach"