

A photograph of a person holding a large yellow emoji balloon with a smiling face and a pink tongue sticking out. The person is wearing a blue floral patterned top and blue jeans. The background is a white brick wall with graffiti, including a large yellow smiley face with a pink tongue. There are other balloons in the scene, including a large green and red one and a gold one.

A Short Guide to The Mindset Revolution Coaching Programmes



The Mindset Revolution

Welcome To The Revolution!

Hello!

I've spent over 15 years researching the many ways highly successful people in sports, business and life think. Learning how they programme their minds and plan their lives. In studying these people I wondered if they were naturally gifted or had they learned the skills required for success. The vast majority have in fact learned a system of "mind management" techniques to help them excel. This was great news, as it meant I can learn them too.

I believe we should all share in these extraordinary skills to give our life, career, business or teams the optimum chance of success. I therefore designed The 7 Key Mindsets, and all our programmes, to give you access to the tools and techniques that will empower you to be more happy, healthy, wealthy, and wise. If you want to procrastinate less, get more done, feel more confident then you can.

With The Mindset Revolution you can develop the 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. You can of course put it off, do nothing, and still be wishing you'd made some positive changes this time next year. Many of you reading this will, and I get that, because it's exactly what I did. I kept coming up with lots of excuses about why now was not a good time. Fortunately, I realised the excuses were just my own fear of failure and later I discovered, my fear of success! The day I made a positive choice to invest more in my personal growth than I spent in the pub or eating out, or even on holidays, was the day I really began to value myself. That day changed my life. I began to beat stress, work less, but make more money. Now, sharing my journey is my why. Helping others to be free from limiting beliefs makes me smile every day.

Are you ready? Don't just dream it, be it!

Very best wishes

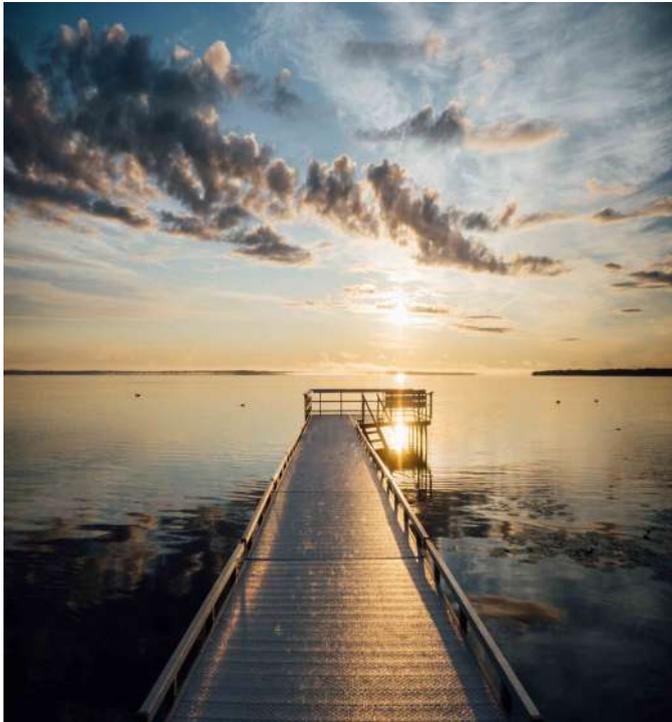
Marcus C Thomlinson DipFA DipCM
Motivational Speaker & Coach
Founder of The Mindset Revolution

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!





The Mindset Revolution



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. So what about our soft wiring? 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. As we have more experiences, especially those that are similar, we begin to create and contribute to our subconscious mind. Our operating system if you like. As the years go by new experiences are added and removed, a bit like apps on our phone or computers. The experiences added early on, and repeated the most, are the ones that generally dominate our core programming. 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 their 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



The 7 Key Mindsets

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.

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



The Mindset Revolution

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.



Life Coaching For Personal Development

Have you ever looked at people who seem to excel at life and wondered how they do it? Now you can find out how.



Business Coaching For Growth

80% of businesses fail within 2 years. 80% of business who have a good plan and know what they are doing go on to enjoy years of success. About 1% do it on their own. The other 99% get quality help. Even the CEO of Google has a coach. Why haven't you?



Executive Coaching For Teams & Leadership

Most people don't enjoy or leave their job because they feel undervalued, the team doesn't gel, or their manager has poor leadership skills. Change that today.

Detailed brochures of our programmes are available on request. You may also like to subscribe to our blog for free videos, podcasts and event invitations, just visit our website: themindsetrevolution.co.uk

If you think you can, or you think you can't, you are absolutely right!"
Henry Ford



The Mindset Revolution

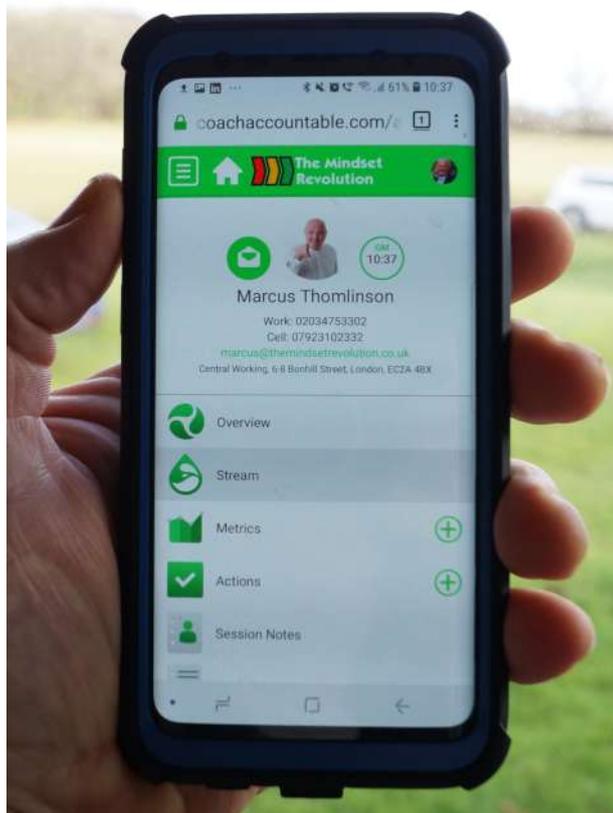
Mindset Revolution Motivational App©

Attending a course or learning new skills leaves us feeling motivated and empowered. Have you enjoyed this positive effect only to feel it fade all too quickly?

Our unique online portal & app keeps you motivated, permanently.



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. That's why our interactive portal gives you and your coach 24/7 access to all the work you do together, to set and track goals and record all your achievements. Available via all devices. Our fully interactive portal gives you access to the following resources;



Overview is an at a glance look at goals, tasks and Actions, what's next and coaching appointments.

Stream is a Facebook style timeline where you can view your progress and 'chat' with your coach or mentor. It's a great place to keep motivated between 1-2-1 sessions.

Metrics are where you track progress towards doing more or less of anything. It offers a great visual to motivate you towards new goals, change habits focus your mind on new outcomes.

Actions: Set goals, create tasks, set reminders and even manage projects. Make procrastination a thing of the past!

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 help you learn new skills and keep focused.

Journaling is a great place to 'Brain Dump' what's working, what's not, what you are learning, and how you are feeling. It also help you keep a gratitude record that helps you develop a more positive mindset.

Files contains a library of resources such as our You Tube Theatre, podcasts and other materials to keep you motivated and on track.

Virtual **Whiteboards** enable us to brainstorm, plan, and drill down into the core of your challenges or future plans. Being virtual they never get lost and you can see previous versions as you update and grow. We also provide templates to focus your mind on what you do want, such as our trademark Daily Developer©

This unique resource will truly help you stay on track while you create the life, career, business or team of your dreams. Don't just dream it, be it!



The Mindset Revolution

Outcomes

“continually doing the same things expecting different results is the road to madness” Albert Einstein

General Outcome

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.

Personal Development

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*.

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”