

SUPERCARGE YOUR MIND



A PERSONAL DEVELOPMENT PROGRAM FOR STUDENTS IN YEARS 10-12

Monday 16 April | 8:30am to 3pm | Tenison Woods College

LEARN ABOUT

- How your brain works
- The influence your thinking has on how you feel and perform
- When you feel 'at your best' and how to experience this more often
- The importance of enjoying the journey, not focusing on the outcome

Develop a Personal Action Plan supporting you to reach your 'big goals' and have fun doing it!

This powerful one-day workshop will look at the concepts of:

- **Constructive Thinking**
- **Growth v Fixed Mindset**
- **Sustained High Performance**
- **Self-confidence and Self-esteem**

\$95 per person which includes the facilitation and de-briefing of the Human Synergistics LSI 1 Diagnostic Tool and additional resources.

To register for the workshop or to discuss further details, contact Nathan Hayes
mail: nathan@ltedu.com.au | Phone: 0417 096 748

SUPPORTED BY

