



# MINDSETTING FOR WELL-BEING AND PERFORMANCE

VIRTUAL ENGAGEMENT ONLINE

**#BUNDLEOFFER**  
Starting at R1800,00 p/p

## ***A Proven, Powerful Mindset Program Designed to Create Resilience, Balance and Intentionality in Life***

In the midst of the global Covid-19 pandemic and its repercussions on economies, relationships and wellbeing, we find ourselves in incredibly uncertain and perilous times. This places new demands and pressures on our efforts and mental state. This coupled with seemingly constant change and unprecedented complexity, both at work and at home, can create anxiety and stress. Never before has the need to be resilient and adaptive been more relevant in surviving the realities of the changing situation.

But what if we could move from surviving, to thriving - As The Pacific Institute, we specialize in equipping people with the tools and skills to be able to manage our mindsets for resilience and agility no matter what life throws at you so that you are empowered to harness the forces within to be able to see opportunities and find the "grit" required to persist despite the difficulty and struggle.

## ABOUT THE PROGRAM

Mindsetting for Well-Being and Performance™ is a 10-session mindsetting program, targeted at psychological and physical well-being tools to thrive and accelerate positive impact in all dimensions of wellness. Knowing that all well-being first starts with a growth mindset – the foundational belief that we can continue to learn, change and grow – this powerful program provides participants with the skills to take charge of their futures.

Mindsetting for Well-Being and Performance™ applies The Pacific Institute's proven mindsetting curriculum to the well-being PERMA model\* to drive results, enhance engagement and overcome areas where participants may be "stuck".

Flexible in its implementation, this curriculum consists of seven core units that can be delivered in a oneday on-site session, or in online sessions. In addition to the core program, additional online reinforcement segments provide further depth and application of concepts. Optional wellness modules, for deeper explorations and connections, as well as application, may be added at the conclusion of the program.

All exercises and activities within the program, whether onsite or online, are focused on the active, experiential application of the cognitive material to those issues that affect individual well-being. This process sets participants' lives on the path to flourishing and higher levels of performance.



# SCHEDULE

GETTING STARTED	THE OPERATING SYSTEM	THE PATTERN INTERRUPT	ACCELERATING PERFORMANCE
MONDAY	TUESDAY	WEDNESDAY	
<p>Intro: The Well-being Programme and Zoom</p> <p>Unit 1: Getting Started</p>	<p>Unit 2: It's All About the Beliefs</p> <p>Unit 3: The Liberators: Habits, Attitudes and Comfort Zones</p> <p>Unit 4: Decisions, Decisions</p>	<p>Unit 5: Words, Pictures and Emotions</p> <p>Unit 6: Preparing the Targets</p> <p>Unit 7: Where the Rubber Hits the Road</p>	
08:00 – 11:30	08:00 – 11:30	08:00 – 11:30	

BREAKS WILL BE SCHEDULED FOR EACH DAY

## ABOUT THE BUNDLE PROMOTION

Because we truly have a heart to benefit people in this time of need, we have compiled bundle options at reduced rates in order to make our life-changing programmes and processes more accessible to people for a limited time.

Bundle the Well-Being Programme with The Personal BluePrint Assessment.

### WELL-BEING BUNDLE #1

Online Programme Only

**= R1800 p/p**

### WELL-BEING BUNDLE #2



Online Programme



**= R2,295 p/p**

### WELL-BEING BUNDLE #3

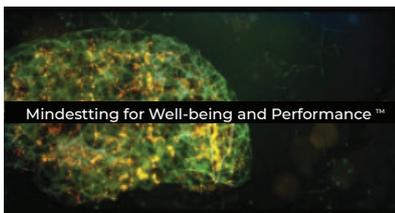


Online Programme

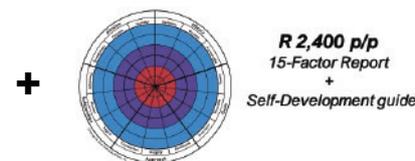


**= R4,200 p/p**

### WELL-BEING BUNDLE #4



Online Programme



Full 15 Style Personal BluePrint Assessment + 1on1 Feedback



1 Feedback Session + 1on1 Coaching Session

**= R5,700 p/p**

**BOOK NOW**



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PACIFIC  
INSTITUTE®