

Triad; a framework that comprises of 3 psychologies and that positively drive performance.

We have found that highly successful people, people who consistently perform to high levels and people who excel in these areas:

It's crucial how you think about your **SELF** your **LIFE** and the **WORLD** around you every day.

To fulfil your potential it's important to develop within yourself the following Mindspan competencies:

FOCUS | BELIEF | RESPONSIBILITY

ATTITUDE | CLARITY | PURPOSE

EMOTION | EMPATHY | INFLUENCE

MINDSPAN  
PERFORMANCE MIND

# MAXIMISE YOUR POTENTIAL

## PEAK PERFORMANCE MIND

Introducing **ELEVATE** our Personal Development 'Peak Performance Mind Programme' designed to help you maximise your performance.

Secure your spot for **£1,750 + VAT**, and spend **4-days in person** with us exploring the 9 Mindspan competencies that will elevate your **mindset**, increase your **happiness** and help you be more **successful**.



### Upcoming Programmes:

- 3rd - 6th February 2025
- 19th - 22nd May 2025

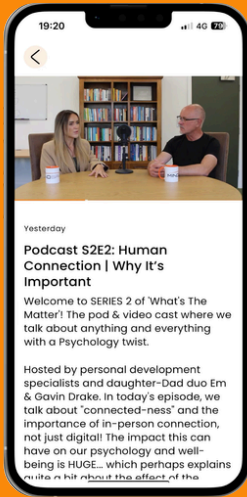
### WHERE:

Mindspan HQ, Mattishall,  
Dereham NR20 3JZ

# What is Mindspan?

Mindspan is a **Training and Coaching** company that has been at the forefront of mindset, attitude & psychological development training for over **two decades**. We help organisations enhance their performance by demonstrating the fundamental link between **psychology and success**.

Alongside having our own Mindspan psychometric tools, in 2024 we launched the **Mindspan App** - this is what all our training and coaching runs through, and will help you to (1) keep **accountable** and (2) continue **learning**, even after the programme ends.



# What is Peak Performance Mind?

The Peak Performance Mind Programme is an intensive 4-day training designed to transform your personal and professional life. Anchored in the **MINDSPAN TRIAD** it explores three core psychologies: **SELF**, **LIFE**, and **WORLD**. Each psychology comprises three essential competencies (creating 9 in total):

- **Self Psychology:** Focus, Belief, Responsibility
- **Life Psychology:** Attitude, Clarity, Purpose
- **World Psychology:** Emotion, Empathy, Influence



Throughout the programme, we delve into each of these nine competencies, equipping you with the tools to become a confident, happy, and fulfilled individual ready to maximise your potential in life and business.



Gavin Drake,  
Founder & CEO



Steve Eastaugh  
Managing Director



Emily Fletcher  
Creative Director



# Key Benefits For Delegates:

- **Enhanced Personal Fulfillment:** Learn how thinking directly influences life outcomes and discover techniques to develop a more positive attitude.
- **Overcoming Personal Limitations:** Understand the constraints of beliefs and learn strategies to break through performance limits.
- **Improved Focus and Responsibility:** Gain insights into the importance of focus and responsibility in achieving fulfilment.
- **Stress Reduction and Balance:** Cultivate appreciation and a balanced focus on your goals, reducing stress and enhancing work-life balance.
- **Goal Setting and Visualisation:** Master the art of goal setting and visualisation to positively impact performance.
- **Combat Burnout:** Become equipped with powerful psychological tools to manage and prevent burnout, ensuring long-term professional sustainability.
- **Enhance Work-Life Balance:** Develop techniques to create a healthier work-life balance, crucial for maintaining high levels of job satisfaction and personal well-being.
- **Boost Team Cooperation:** Foster healthier relationships within the workplace, enhancing cooperation and influence among colleagues.



# Book Your Place Today

# £1,750 + VAT

## Are You Ready To Join Us?

Begin your journey with Mindspan today and unlock the Peak Performance mindset that awaits. Let us guide you & your team to become confident and fulfilled individuals who are ready to maximise their potential in life and business.

Book A Call

Book Your Spot

