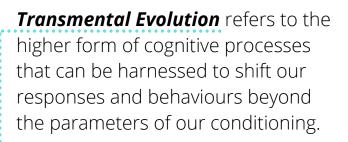
Mindset & Performance Coaching The "Transmental Evolution" Methodology







At the "Arrival" the Transmental Evolution effect is experienced, along with the confidence and tools to sustain a new level of success & performance!

"The Journey"

The "Journey" sessions take the new repertoire of tools learned to the next level by activating a growth mindset in real-time to create new opportunities & outcomes.

"The Path"

The "Path" sessions are designed to raise levels of self awareness, create a **"growth mindset"** and ignite momentum toward breaking conditioned responses/ behaviours.





"The Door"

The "Door to Change" sessions start tracking the innernarrative, limiting beliefs & behaviors via evidence-based CBT & ACT tools to gain insight into our conditioned self.

•We start here

"The Behavioural Window"

The initial coaching sessions extract the roadblocks, articulate the outcomes and unpack the subconscious program.