

Mindset & Performance Coaching

The "Transmental Evolution" Methodology



Transmental Evolution refers to the higher form of cognitive processes that can be harnessed to shift our responses and behaviours beyond the parameters of our conditioning.



"The Arrival"

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 inner-narrative, 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.

