



Improve your
Mindset

Improve your
Leadership Capability

About the MindSwitch Programme

Switch from survival mode into flow

The MindSwitch training programme gives leaders a performance edge. You will learn powerful mindset and resilience-building practices that you can easily incorporate into your daily life.

MindSwitch is like no other leadership development programme. Most leadership programmes overlook a fundamental attribute that influences how leaders think, learn, and behave, and that is mindset.

The MindSwitch Programme equips leaders with modern mindset practices that support mental and emotional resilience, backed by neuroscience, and designed to keep you, our precious leaders, stronger, happier and more productive in the face of constant change and complexity.

High performance sportspeople have benefited from mindset techniques, like those in the MindSwitch Programme, for decades. Now you can benefit too.

Remarkably, scientific research shows as little as 12 weeks of practising mindset techniques actually changes brain physiology. The hippocampus and the brain's capacity for learning, memory, concentration and emotional intelligence increase. Conversely, your amygdala, your flight-fright centre, decreases in size, which means less stress all round. Other benefits include better sleep and mood.



Who is this Programme for?

Maximum of 20 people

MindSwitch is for developing and senior leaders and managers, decision-makers, entrepreneurs and business owners, who want to improve their outlook, coping skills and performance.

Let's face it the last two or so years have tested us all. If you are in a position of leadership, you will have seen first-hand how your people have had to adapt and navigate massive change and adversity for months on end.

As a leader, you are expected to have broad shoulders and keep your nerve, no matter what the working week

throws at you. You are only human though, and that's why you need to regularly pause and check in on your own wellbeing.

Operating under stress for extended periods of time, left unchecked, has a hugely negative effect on your ability to think clearly, make rational decisions, be focused and productive, build rapport, express empathy and compassion, and generally keep your cool — all attributes of high functioning leaders.

Establishing a self-care practice to maintain your mental resolve and wellbeing has become critical.



Your self-care can take a backseat when you are at full capacity.

Dates

MindSwitch uses a hybrid delivery model, making the most of both digital and in-person training.

- 1 day x live workshop: Thursday 27 October 2022
- 3 x 2-hour online sessions: Thursdays 1-3pm on 3 Nov, 10 Nov and 17 Nov.

Location on Kapiti Coast

This year, MindSwitch is being delivered at CluedUp's venue, Arcus, in Te Horo, 45 minutes from Wellington city.



<https://arcus.kiwi>

Benefits of the Programme

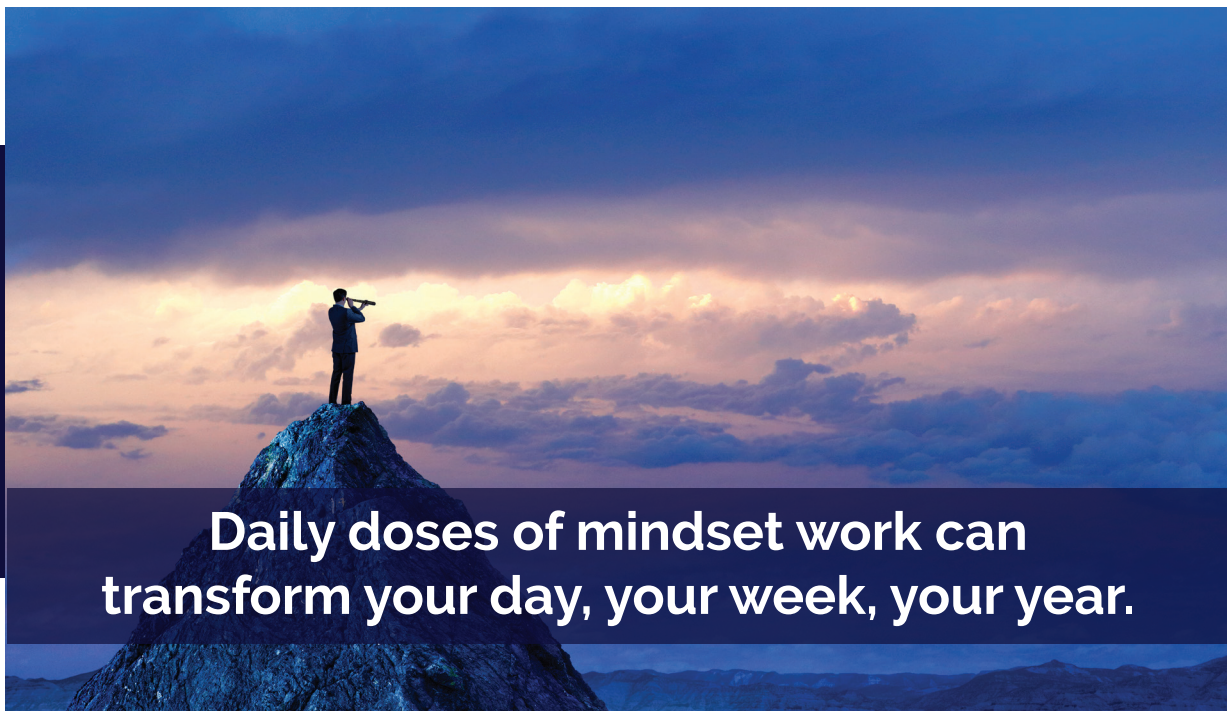
The MindSwitch Leadership Programme will help you:

- understand how your mind works
- learn how to befriend and optimise your mind for better performance
- increase your energy and optimism levels
- learn techniques proven to reduce the physiological symptoms of stress
- establish healthy boundaries and habits so you can pace yourself
- improve your productivity and focus levels
- feel less overwhelm and enjoy a better coping mechanism
- feel more equipped to support and empower others
- move away from being in survival mode to your creative flow.

[Read more on the MindSwitch webpage](#)



**Switch from survival mode
into flow**



What you will learn

- Discover the neuroscience that shows regular mindset practices work
- Gain insight into how the mind works and influences your emotions and behaviour
- Learn at least 3 powerful mindset practices that help prepare you for your work day, and can boost energy and performance levels
- Learn at least 2 simple practices that help reduce stress
- Explore establishing healthy boundaries and successful habits
- Learn and practise useful, non-confrontational communication techniques to facilitate having difficult conversations
- Learn 1 mindset tool to help you make decisions
- Learn about sleep hygiene and 1 mindset practice that can vastly improve sleep
- Take away your own mindset workbook and access audio recordings to support your personal practice
- Attend 1 full day workshop and 3 online sessions afterwards.

[Read more on the MindSwitch webpage](#)

Broad programme outline

1-on-1 welcome call (before day one)

One-day live workshop

Welcome

What is a leader's mindset?

Science and case studies

Brain physiology and how the mind works

Morning tea provided

The language of the mind

Energy Switch: a mindset technique to boost your energy quickly

Your purpose as a leader

Simple stress circuit-breakers

Lunch provided

Setting healthy boundaries

Three simple self-care habits

Daily Switch: a mindset technique to improve your daily outlook

Afternoon tea provided

Forming healthy habits

The day in review & planning ahead

Farewell



Online session 1: two hours

Review and progress check-in

Non-confrontational communication technique: how to manage tricky conversations

Online session 2: two hours

Review and progress check-in

Decision-making using your analytical brain and emotional intelligence

Option Switch: a mindset technique to help with decision-making

Online session 3: two hours

Review and progress check-in

Sleep hygiene

Sleep Switch: a mindset technique to improve sleep

Broad programme outline

Nic Preddle

Leadership trainer, team coach & owner of CluedUp

For over twenty years, Nic has been helping New Zealand's most successful companies build their teamwork and leadership capabilities. Nic is a highly skilled master trainer and certified team coach. Nic lives and breathes teamwork. It's in his DNA. He has innate ability to lead people on a fun, invigorating, challenging and fulfilling learning journey.



Alice Hearnshaw

Executive and mindset coach & founder of Contented.com



Alice Hearnshaw, has been practising transformational mindset techniques for over 25 years. Graduating with first-class honours in law, she chose the exciting journey of running her own consulting business, over a career in law. In 2020, she began formalising her passion for mindset development by becoming an accredited mindset & meditation instructor and certified business coach/consultant with the International Coaching Federation.

“Thank you so much Nic for your powerful delivery of this world-class programme. I feel so blessed to have had this golden opportunity. I look forward to making lasting change to my leadership approach and impacting the teams I take care of. I would love to continue learning from you.”

- Bernice Wasia

Programme investment

Early bird: \$400 off!

\$1100pp + GST

Book before 29 Sept

2022 introductory offer

\$1500pp + GST

20 people max

The price of the MindSwitch Programme will increase in 2023.

How to register for MindSwitch

- [Complete this online registration form](#)
- Choose to make payment by invoice, credit card. AfterPay available.
- Schedule your 1-on-1 welcome call using this Calendly link.

<https://calendly.com/cluedupevents/chat-about-mindswitch>

Still have questions?

We'd love to hear from you.

[Schedule a Calendly call](#) for a 1-on-1 chat to learn more about the MindSwitch Programme and to find out if it's for you.

Arcus
JOYOUS OCCASIONS

cluedup



Investing in learning
enriches your whole life.