



## Clearview Minds

Think Different Be Different

### The 3I Think Different Mind Programme

The 3I Programme of initiatives have been designed to support young adults from the age of 14 + from the schoolyard to the workplace. 3I (Impact, Initiative and Intelligence) helps participants gain an understanding of how to tap into their motivations, learn new strategies and be the best they can be to optimise their effectiveness in study. Our team of HR, training and youth development coaches bring a raft of skills to the table, focusing on the mind and processes to optimise performance.

#### What is involved in the Mind Programme?

- Individual assessment of learning styles
- Interactive sessions to allow you to understand yourself and what makes you tick
- Understanding the importance of time, chunking up and chunking down
- Optimisation of your brain power – how does it work?
- Tapping into your energy cycles and how we can create more energy
- Calming techniques in the face of adversity
- Memory Methods – understanding your own spectrum

#### Topics covered in the programme:

Developing inner confidence	Developing goals – your road map
Building positive habits	Listening Skills
Testing your assumptions	Tapping into your personality
Using Your Mind	Understanding your supporters
Creating time pockets	Obliterating those self-limiting beliefs
Say it, do it, remember it	Making memorable memories
The art of dissemination	Understand the power of your mind

#### How do we make it work?

At the start of the programme individuals are assessed on confidence, anxiety and the use of processes to maximise their own performance prior to the course starting. During the programme we assess current capability before and after the programme to assess impact. Sessions are built into building blocks focusing on:

#### Methodology

At the outset of the programme Clearview Minds will work closely with the dedicated team in the school to ensure we provide a programme that really makes a difference to the pupils.

Our workshops are innovative, thought provoking and inspired – using a variety of learning tools to facilitate change... we assess at the beginning and end of the programme to show the impact our teaching can have on others. Interested then please contact [sara.marshall@clearviewminds.com](mailto:sara.marshall@clearviewminds.com) in the first instance to learn more and book some time with a skilled facilitator.