

The MindShift Experience Master Class



Sessions Outlined:

Session 1: Awareness Before Change

Understanding the Identity Behind Your Results

Session Focus: Participants explore how beliefs, habits, and self-perception may be influencing current patterns in work and life.

Possible Outcomes:

Participants may:

- Increase awareness of identity-based patterns affecting performance and confidence
- Identify beliefs or behaviors that may be contributing to overworking or stagnation
- Gain clarity on where intentional change could be most impactful

Session 2: Releasing Limiting Patterns

Interrupting Habits and Beliefs That No Longer Serve You

Session Focus: This session introduces tools for recognizing and interrupting limiting internal narratives and automatic behaviors.

Possible Outcomes:

Participants may:

- Learn strategies to question and loosen limiting beliefs
- Practice interrupting unproductive thought and behavior loops
- Begin experimenting with more intentional responses to familiar challenges



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Sessions Outlined:

Session 3: Designing an Aligned Identity

Clarifying Who You Are Becoming as a Professional

Session Focus: Participants reflect on values, goals, and identity alignment to intentionally design how they want to show up professionally.

Possible Outcomes:

Participants may:

- Clarify the qualities and behaviors of an aligned professional identity
- Increase awareness of how thoughts, emotions, and actions influence outcomes
- Begin practicing identity-aligned decision-making

Session 4: From Pressure to Purpose

Navigating Stress, Expectations, and High-Stakes Moments

Session Focus: This session explores how pressure and stress can be reframed into purposeful motivation and focused action.

Possible Outcomes:

Participants may:

- Gain tools to reframe stress and high expectations
- Practice responding to pressure with greater calm and intention
- Increase confidence navigating complex or high-stakes situations



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Sessions Outlined:

Session 5: Strengthening Resilience and Presence

Showing Up Grounded, Clear, and Effective

Session Focus: Participants engage in practices that support emotional regulation, resilience, and professional presence.

Possible Outcomes:

Participants may:

- Strengthen awareness of emotional responses and triggers
- Develop practices that support grounded presence and authenticity
- Enhance their ability to engage constructively in challenging environments

Session 6: Sustaining Growth and Momentum

Creating a Personal System for Ongoing Development

Session Focus: The final session focuses on integrating insights into a simple, sustainable framework for continued growth.

Possible Outcomes:

Participants may:

- Design a personalized system for reflection, growth, and alignment
- Identify habits that support ongoing development and well-being
- Clarify next steps for maintaining momentum beyond the series

What Is Possible

Together, these sessions are designed to support participants in exploring identity-based growth, experimenting with new mindset and habit strategies, and creating structures that can support sustained professional development over time.

