

## Evolving Your Mind

### Course Overview

This course explores the link between your thoughts, your feelings and your actions. Are your intentions and your thoughts aligned with how you want to Be? Your thoughts and feelings are cyclical – how you feel influences your thoughts and your thoughts manifest your feelings. This cycle can move you forward to a life of fulfillment, or cause chronic illness from stress – it's your choice.

Advanced science has found strong links between our thought patterns and the energy that surrounds us. Our thoughts have a direct impact on our health and well-being as well as our relationships in our personal and professional lives.

### Expected Results

- Understand the role of science in transforming patterns of thought
- Increase your understanding of chemical reactions in the brain associated with various emotions and feelings
- Learn how changing your thought patterns can improve your physical and emotional reactions
- Better understand the cyclical nature of your thoughts and feelings in order to shift them
- Consider the role of your thoughts in creating the energy which surrounds you
- Examine the impact of your internal thought processes on your relationships with others
- Develop an appreciation of your strengths in support of changing your thoughts
- Develop a 4-week Action Plan to enact changes in your personal and professional life



**“A deeper level of  
Self-Awareness”**

**Register:**

1.800.546.1445 or  
info@trainleaders.com

**Course Length:**

▶ 1 Day  
(9:00AM-4:00PM)

**Average Class Size:**

8-15 participants

**Materials Included:**

- ▶ Participant Guide
- ▶ Action Planning Guide