



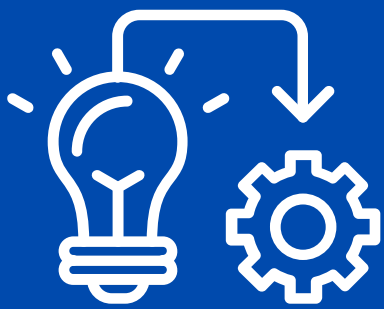
# MINDSET REBOOT

A fun and interactive  
presentation to give your team  
a boost for 2024



## KICKSTART AWARENESS

We explore the art of thinking and power of choice. It's all about getting to know the real you to navigate both work and life smarter.



## EMBRACE EQ

Learn to manage emotions for a positive impact at work. It's about turning feelings into fuel for productivity and teamwork.



## CULTIVATE MINDFULNESS

We'll show you how to trust your instincts with confidence and how the power of the pause gives you space to choose your response.



## SPOTLIGHT ON WELLBEING

Discover practical tips for maintaining balance, reducing stress, and boosting overall happiness.

ONE HOUR PRESENTATION - \$1,250

TWO HOUR WORKSHOP - \$1,800

For Brenda's Speaker Profile, visit  
[leadership-reboot.co.nz](http://leadership-reboot.co.nz)

