



The Mindscape

Exceptional creative problem solving, communication and intuitive abilities are a necessity in today's fast paced and ever changing business landscape.

How Mindscape works:

Drawing from the concepts of Mindfulness and meditation to create a more structured mental framework, The Mindscape programme teaches you how to tap into the powerful creative and intuitive faculties of the mind by accessing a mental state based on alpha brainwave activity.

- Provides tools for visualising objectives and performing at presentations, interviews and meetings
- Offers an innovative time management system and novel stress reduction techniques
- Stimulates 'out of the box' thinking, brainstorming and problem solving
- Teaches a unique methodology to gain insight into conflict and tactical resolution

Intro Talk:

Seminar:

To register: email angie@bodytalksystem.com.hk
www.bodytalksystem.com.hk