

OPEN TLEX MIND MATTERS

ONLINE MINDFULNESS FOR RESILIENCE & AGILITY



excellence.

when strategy meets inspiration

Learn powerful tools, including the evidence based SKY breathing technique, to increase agility, resilience, boost immunity, enhance productivity and work-life balance during this period of change and complexity

TLEX SOLUTIONS: MIND MATTERS ONLINE

IMMERSE (2.5 hours x 4 consecutive days)

Today's world is complex, demanding and constantly changing. Rapid change opens up new opportunities, but also requires a different approach. In parallel boundaries between our work and private lives are dissolving given developments in digital technology. The common consequence being higher stress and lower well-being. In such an environment employees and leaders need to develop new skills that allow enhanced resilience, agility and clarity of mind to coexist. The program includes easy to implement mind friendly structures, communication strategies, mindfulness and the trademarked SKY breathing technique.

BENEFITS

- **Strengthening immunity:** enhancing physical and mental wellbeing
- **Increasing resilience:** staying calm, relaxed and focused even in challenging situations
- **Heightened agility and productivity:** Being able to keep moving and performing while stepping back to dynamically identify needs and opportunities during times of complexity and change

FORMAT

2.5-hour x 4 consecutive days training. Participants implement a 21-day challenge post workshop.

FEATURES

AGILITY AT WORK

Cultivate the ability to become aware of your mindset and gain greater self-awareness for personal effectiveness and leadership.

Objective: Better judgement and response to changing situations; positive mindset at work.

MINDFULNESS & DESKTOP STRETCHING

Learn effective tools to increase presence. Desktop Stretching assists in the transition to relaxation from the level of the body to the mind.

Objective: Maintain a balance between tension and relaxation in the body and mind. Increase mental clarity for effective decision making.

WORK LIFE INTEGRATION

Use tools to self evaluate work life integration and organise work according to scientific findings on optimal brain functioning for effectiveness.

Objective: Enhance quality time and understand how work structures impact performance and productivity.

BREATHING TECHNIQUES

Learn the evidence based SKY technique that enables you to achieve your full potential by increasing time spent in a state of relaxed alertness (FLOW).

Objective: Increase resilience, wellbeing, creativity and performance.



IMPACT ASSESSMENT

In a study, TLEX carried out on the Mind Matters program. 46 participants from three different companies were asked about their perceived stress before and three weeks after the Mind Matters program.



The perceived stress reduced by 45% after the Mind Matters program



The ability to switch off after work increased by 41% after the Mind Matters program

DETAILS

Dates:

Find your dates on the bottom of the registration form under Asia Pacific Region <https://bit.ly/MindMatters-TLEX>

Timings:

Each program timing is slightly different to suit the various time zones across Asia Pacific. Please contact your TLEX Representative mentioned on the next page for further details.

The Workshop is delivered in English.

Online Coaching:

Included in the seminar is one 30 minutes individual online coaching after the seminar

Seminar Fee:

Currency	Regular Fee	Special offer*
SGD	590	450
AUD	650	495
NZD	700	530

* Due to current circumstances

TRAINER



Carina Asuncion
Senior Trainer
CEO, TLEX Italy

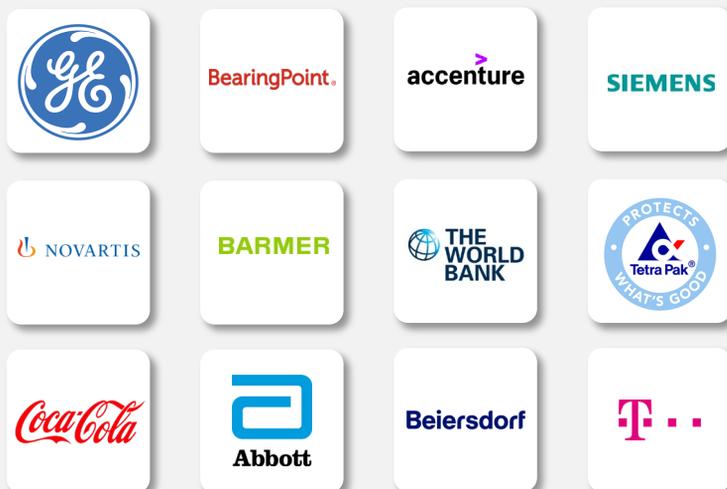
Prior to joining TLEX, Carina worked in Finance for 20 years, following the emerging equity market as Head of the UBS Far East Equity Desk in London and later, as the Head of UBS Philippines. In Italy, she managed Emerging Markets Funds for Nextam Partners.

Carina graduated with honours, finishing BS Business Economics at the University of Philippines and holds an MBA from the University of Chicago. Carina is also a certified Integral Associate Coach.

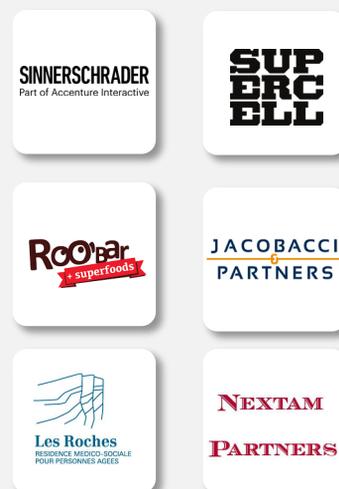
SOME OF TLEX CLIENTS

TLEX has a track record of 500+ clients and 100,000+ participants worldwide. Some of TLEX's clients include:

MNCs



SMEs



Universities



REGISTER: <http://bit.ly/TLEXOnlineMM>

Link:

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