TLEX MIND MATTERS PROGRAM

FOR AGILITY AND RESILIENCE

25 - 27 November 2019
Klaipėda, Lithuania

Learn how to manage stress and tensions at work and develop resilience.
Mind Matters for Agility and Resilience

The Challenge

Today’s world is complex, demanding and constantly changing. The possibility of rapid change and communication not only opens up new opportunities, but also leads to higher performance demands and a growing workload. Information and communication technologies allow the overcoming of spatial separation, resulting in accessibility around the clock and in every location.
What can be done when high potential individuals need to continue to perform at top speed and under challenging, ever-changing circumstances? How can they uphold a high level of performance and at the same time stay calm, relaxed and focused?

Overview

The TLEX Mind Matters for Agility and Resilience program includes self-management and mind-management. At the heart of the program are hands-on exercises on mind-management, a set of relaxation techniques and breathing exercises as well as the trademarked SKY technique.

Benefits

- **Increased Resilience**: Staying calm, relaxed and focused in challenging situations.

- **Heightened Agility**: Being able to keep moving and performing while stepping back to identify dynamic needs and opportunities during times of complexity and change.

- **Strengthening personal presence and leadership qualities.**
Mind Matters for Agility and Resilience

Content

The Mind Matters program was developed to increase well-being and self-efficacy in everyday life and to practice the skills to tackle challenges with focus, courage and energy.

Some of the contents are:

<table>
<thead>
<tr>
<th>Work Life Integration</th>
<th>Mindfulness Techniques</th>
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<tbody>
<tr>
<td>Quantity vs. quality of time. Learn to be more present and thus be able to use and enjoy time better.</td>
<td>Scientifically proven breathing and relaxation exercises. The focus is on the SKY technique, a guided 10-minute breathing technique that brings deep relaxation and calmness.</td>
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<tr>
<td>Objective: To use time at work and time at home more effectively.</td>
<td>Objective: To release stress and achieve relaxed alertness (FLOW state)</td>
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<tr>
<th>Presence in management</th>
<th>Brain-friendly working structures</th>
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<tbody>
<tr>
<td>The state of mind is central to personal success and good relationships.</td>
<td>Techniques for improved time management and increased productivity at the workplace.</td>
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<tr>
<td>Objective: To understand the importance of the state of mind and its impact on performance and relationships in the workplace.</td>
<td>Objective: Understand how work structures affect performance and make necessary adjustments.</td>
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Agenda

**DAY 1, 25th Nov | 18:00 -21:00 PM**
Welcome and introduction to the topic
Stress & Energy
The circumstances and my perception
Mindfulness - practical techniques
Mindfulness - advanced techniques - SKY
My daily mindfulness practice
My Vision & Inspiration

**DAY 2-3, 26th-27th Nov | 18:00 - 21:00 PM**
Transfer to everyday life: 21 days of challenge
Work-Life integration and presence in everyday life
Mindfulness - advanced techniques
The Science of Breath and Mindfulness Techniques
Creating trust in my environment

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Neringa Thariani

Consultant, Trainer & Coach | TLEX Europe

Neringa has worked with TLEX since 2009, delivering trainings and working with clients such as Beiersdorf, GE, ZelenBio, Valitor, Al Rajhi Capital, SunnyPet, Lenovo etc. She has helped design and manage conferences for TLEX and World Forum for Business in Ethics at the European Parliament (Brussels, Belgium), United Nations (Geneva, Switzerland), FIFA (Zurich, Switzerland).

She holds a Bachelor’s degree in Psychology and a Master’s degree in Organisational Development and Business Psychology (Vilnius University, Lithuania). She is a certified Executive Coach (ICF, 2015).

Some of TLEX Clients
Contact and Registration

https://tlexinstitute.com/open-seminar-2/

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