

# OPEN TLEX MIND MATTERS – AFRICA

## ONLINE MINDFULNESS FOR BUSINESS RESILIENCE & AGILITY

Learn the powerful SKY technique and other proven tools to successfully navigate you and your business through this period of complexity and change.



### THREE MODULES OF THE TRAINING

The online mindfulness and resilience training consists of:

- 30-minute online coaching sessions with your trainer
- 4x2-hour online training sessions focusing on the key methodologies and tools
- 21-day challenge in which you follow an implementation plan that is tailor-made for you

# excellence.

when strategy meets inspiration



### DATE, TIME & PRICE

Date:

28 September – 1 October

Timings:

Weekdays 6:30pm – 8:30pm

Price:

R2 000

<https://bit.ly/MindMatters-TLEX>

# ONLINE MIND MATTERS FOR BUSINESS RESILIENCE & AGILITY

In these challenging times, it is so important to identify the right needs and opportunities in order to take your business forward with clarity and vision. Personal health, managing our own personal resilience and well being is critical to help achieve that. This unique program will equip you with powerful hands-on exercises on mindfulness, including the scientifically proven SKY technique to tap into your full potential.

## BENEFITS

- Heightened agility and productivity.
- Being able to keep moving forward with better clarity and vision while stepping back to dynamically identify needs and opportunities during times of complexity and change.
- Strengthening personal wellbeing and increasing resilience even in challenging situations.



## FEATURES

### BREATHING TECHNIQUES

Learning SKY Technique to achieve full potential by being in a state of relaxed alertness (FLOW) even in challenging circumstances

**Objective:** Increase resilience, wellbeing, creativity and performance.

### MINDFULNESS TECHNIQUES

Learning effective tools to increase presence. Preventing and reducing tension in the body and mind through physical movement.

**Objective:** Maintain a balance between tension and relaxation in the body and mind, and increase clarity of mind.

### WORK-LIFE INTEGRATION

Taking a step back and determining what changes are needed to create greater work life integration

**Objective:** Enhance quality time in our lives and create the basis for necessary changes.

### AWARENESS AT WORK

Becoming aware of one's mindset and reaction in challenging or stressful situations through experiential learning processes.

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

# TLEX GLOBAL CASE STUDIES

## Fortune 10 Global Diversified Company

Diversified company seeks to foster greater resiliency, clarify, creativity and inclusiveness.

90%

Over 90% of participants believed the TLEX<sup>®</sup> program would **positively impact long-term work performance levels** and achieved the organization's objectives

## Leading Financial Services Company

Financial services company wishes to improve the well-being of its employees while enhancing their effectiveness.

100%

TLEX<sup>®</sup> helped employees achieve a more calm state of mind, improve factors that lead to better team dynamics. 100% of participants felt **improvement across a number of productivity drivers.**

## Top Tech Company — Women's Network

Leading technology company's women's network seeks to improve personal effectiveness while learning to maintain a better balanced life.

85%

85% of respondents believed the TLEX<sup>®</sup> program helped them **improve their ability to stay calm in difficult situations**

## Vault Top 10 Management Consulting Company

Consulting company wants to help its employees manage stress, enhance awareness, and improve performance.

90%

Over 90% of participants believed the TLEX<sup>®</sup> program **increased their self-awareness**

## Top 10 Global Oil Company

Oil company wants to enhance wellness and foster innovation.

90%

Over 90% of participants believed the TLEX<sup>®</sup> program **improved their well-being and enabled a culture of creativity.**

## TRAINERS



Gaurav Gaur  
Senior Trainer



Nutan Kessa  
Trainer



Desigan Pillay  
Trainer

## TLEX CLIENTS

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

### MNCs



BearingPoint.

accenture

SIEMENS



BARMER

THE WORLD BANK



Abbott

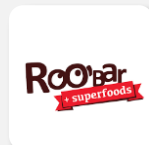
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### SMEs

SINNERSCHRADER  
Part of Accenture Interactive

SUPERCELL

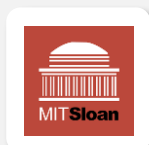


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### Universities



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<https://bit.ly/MindMatters-TLEX>

CONTACT:

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