MIND MANAGEMENT FOR HIGH PERFORMANCE AND WELLBEING

10-20 February 2019
Sofia, Bulgaria

How do we remain efficient, stress free and high performing as we dive to the 4th Industrial Revolution?
Mind Management for High Performance and Wellbeing

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 mindfulness techniques. At the heart of the program are hands-on exercises on mindfulness, 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

WHAT PARTICIPANTS SAY
We conducted a study with 1,128 participants from across 30 countries:

Impact on well-being, performance and social connectedness

90% of participants agreed that TLEX techniques increase their ability to stay calm in difficult situations.

85% of participants agreed that TLEX techniques increase the ability to listen to and accept multiple perspectives.

93% of participants agreed that TLEX techniques will have a positive impact on their working day.

83% of participants attested to the fact that TLEX techniques increase the ability to stay focused on job at hand.

"I enjoyed the workshop very much. I couldn’t have used my time better. The workshop was extremely effective and made a strong impression on me. It was one of the best training events I have ever attended at Microsoft. The quality of my work both at home and in the company has improved considerably since then."  Payal Gupta Tiwana, Head of Program Management at Microsoft
Mind Management for High Performance and Wellbeing

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>
</tr>
</thead>
<tbody>
<tr>
<td>Presence in Management</td>
<td>Brain-friendly Working Structures</td>
</tr>
<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>
</tr>
<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>
</tr>
</tbody>
</table>

Agenda:

**DAY 1 | 18.30-21.00**

Welcome & introduction to the topic
Stress & Energy
The circumstances & my perception
Mindfulness - practical techniques

**DAY 2 | 18.30-21.00**

Work-Life integration & presence in everyday life
Mindfulness - continuative techniques
The Science of Breath & Mindfulness Techniques
Creating trust in my environment

**DAY 3 | 18.30-21.00**

Mindfulness - continuative techniques
My daily mindfulness practice
My Vision & Inspiration
Transfer to everyday life: 21 day challenge

Venue
Hotel Holiday Inn, Conference Hall Rila Sofia, zh. K. Mladost 4, 111 Al.

Price
285 Leva incl VAT

Registration
n.hristova@tlexinstitute.com
Trainers:

**Konstantin Dragov**

Konstantin conducts stress-management and self-development programs for the last 15 years. Civil engineer by profession, he has graduated from the University of New Hampshire and has Master degree in construction and project management from the University of California, Berkeley, US.

**Zoran Imsiragic**

Zoran is conducting stress-management trainings for last ten years internationally. He is a graphic software expert and Adobe Certified Instructor specialized in trainings companies. His formal education is in Hotel management.

TLEX Clients:
Registration:
TLEX GmbH
Renggstr. 33
6052 Hergiswil, NW Switzerland
Phone: +359 893 062 412 E-Mail:
n.hristova@tlexinstitute.com
www.tlexinstitute.com