

# MINDSET MATTERS



**ENABLING A POSITIVE GROWTH MINDSET**

**PREPARED AND PRESENTED BY**

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# ABOUT MINDSET MATTERS



Mindset Matters is a course for parents, teachers, yoga instructors, and anyone working with or living with children.

This course will teach grown-ups to encourage and instil a positive growth mindset and enhance the emotional and mental well-being of the children in their care. As well as empower them with a new language and an extensive mindfulness toolbox that will help them help themselves

There is a rising demand for the tools and techniques mindfulness and positive psychology has to offer. So this course intends to help more people experience the powerful effects of mindfulness and NLP for kids.

Using the mindset techniques, NLP tools, practical mindfulness games and activities found within the course, you can help your children be the best version of themselves.

This online package is a science-based positive psychology training and is used to inspire the lives of your families and students for years to come.





# COURSE AIMS...

The Mindset Matters course is a complete, online digital training template for professionals. It includes everything you need to deliver high-quality training to parents, teachers and professionals.

- It is a comprehensive video and audio training package
- Includes everything you need to offer positive parenting tools and techniques for grown-ups
- Run weekly Mindfulness classes for children
- Is based on scientific research and is fully referenced
- Comes complete with training manuals, workbooks, videos, worksheets, exercises, and PowerPoint slides
- Can be taught under your branding (incl. white label rights)
- Can be modified and edited to fit your business

There is a rising demand for the tools and techniques mindfulness and positive psychology have on offer. So this course intends to help more people experience the powerful effects of mindfulness and NLP for kids.

I've decided that the best way to reach more people is to teach other practitioners to deliver this in-depth training using a digital format with the added value of a private group for ongoing support.

This online package will allow you to personalize a demonstrated, science-based positive psychology training and use it to inspire the lives of your families and students.

By the end of this in-depth online training, you will be able to deliver this program, under your branding, with expertise, confidence and ease.



Mindset Matters  
Make It Your Own



# WHO IS IT FOR?

The Mindset Matters course is a complete training package for practitioners who want to infuse their coaching, therapy, teaching or yoga classes and retreats with Positive Psychology and NLP for kids.

This template is designed as a comprehensive ready-to-go training package for people who want to teach their clients, peers, students or trainees. However, the information in the package can be adapted for the self, individuals, groups, as well as children and young people.

Use your own experience and expertise to adapt the tools to your particular scenario. Always use MM ethically and professionally (but you know that!).

- Therapists
- Coaches
- Trainers Psychologists
- Healthcare Professionals HR
- Managers
- Facilitators
- Yoga & Pilates Teachers

## BUILDING BETTER BRAINS

You will learn to teach:

- What is Mindset, where it comes from and how it affects behaviour
- Building Better Brains
- Language and how to use it to positively influence children in your care
- The power of belief
- How to enable a positive growth mindset and aid emotional intelligence
- NLP for Kids- Rewire your brain

PLUS learn effective teaching practices, such as:

- How to prepare for your training so you're calm and confident
- How to create an optimal learning environment for your participants
- How to guide meditations
- How to evaluate exercises and provide feedback
- How to deliver presentations, exercises and workshops for maximum impact.





# WHAT YOU GET

You get everything you need to run the Mindset Matters course either online or out in the real world through weekly classes, workshops and retreats.

Includes:

- The Mindset Matters PowerPoint Presentation to edit, brand, and make your own
- The Mindset Matters e-book for your students
- The Mindset Matters training manual for you
- 18 x 1 hr sessions/class templates
- Over 70 Mindfulness and Meditation fun activities
- The Meditation and Mantra e-book includes over 300 Empowering Beliefs that you can use in your Yoga Nidra, meditation sessions
- The Meditation and Mantra MP3
- Weekly class templates to run the Mindset Matters course for children aged 6 to 14 who need that extra bit of support - anxiety/bullying/stress
- 4 NLP Process that you can use with your children at home or throughout your Kid's Yoga Class and in meditation - Yoga Nidra
- Over 50 meditations and mindfulness activities & homework sheets
- In-depth module in Children with Additional Needs
- Support & ask the lead tutor anything
- Access to the private group
- Lifetime Updates to Mindset Matters course
- White Label Rights: Use Your Own Brand

“The primary cause of unhappiness  
is never the situation  
but your thoughts about it.”  
Eckhart Tolle



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# TRAIN THE TRAINER COURSE

Video tutorials include;

- Safe practice guidelines so you can feel assured and confident you are always safeguarding your students to the latest protocols and safety standards
- Mastering the program - Positive Parenting/Teachers sessions and/or weekly mindfulness classes for children
- Intake Sessions, Handover Notes & Clinical Back-up
- The Inquiry Process
- Launching your business
- What venue or room to use and why
- What materials you will need for each class or workshop
- How to prepare for mindfulness training so you're calm and confident
- How to create a safe space and facilitate a line of inquiry
- How to guide meditations
- Teaching from the Heart
- How to evaluate exercises and provide feedback
- How to deliver presentations, exercises and workshops for maximum impact
- Dealing with challenges
- Mindset Matters Presuppositions



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# MINDSET MATTERS PROGRAM

The 'Mindset Matters' video course can be used in weekly classes, workshops and retreats for parents, teachers, kids yoga teachers and careers that would like some in-depth understanding in how to be the best for the children in their care and covers;

- Where Mindset comes from and how it affects behaviour
- Creating an 'I Can - I AM' attitude
- The developing child's brain
- Epigenetics - How stress and anxiety change the way DNA is expressed
- The Fixed Mindset vs The Growth Mindset
- Building Better Brains - Neuroplasticity - Neurogenesis and how we can actively grow new neurons
- The three types of neurocircuitry
- How to upgrade your brain
- Mindfulness
- The Power of the Spoken Word
- The Conscious and Subconscious, Universal Consciousness
- 4 NLP processes that rewire the brain
- EFT - Tapping Solutions

## WHAT YOU CAN DO WITH IT...

You can download this powerpoint presentation, rebrand and edit it to suit your business and run it as a workshop or weekly classes for;

- Therapists
- Coaches
- Trainers Psychologists
- Healthcare Professionals HR
- Managers
- Facilitators
- Yoga & Pilates Teachers
- Teachers
- Parents







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# CHILDREN WITH ADDITIONAL NEEDS

If you decide to teach Mindset Matters with groups of children you will meet many different kinds of kids and some will have additional needs.

This in-depth module explores the various needs of children and how yoga, mindfulness and meditation can help day to-day.

We look at what these labels mean, where they come from and how to help lessen the symptoms.

- EBD
- ADHD
- ADD
- Dyslexia
- Dyspraxia
- Downs Syndrome
- Cerebral Palsy
- Autism Spectrum
- Asperger Syndrome

As well as exploring sleep deficit we uncover the lesser well know extra 3 senses Vestibular, Proprioception and Interoception systems and see how these play a huge part in building awareness of self and other.

All children with additional needs will experience varying levels of stress and anxiety day to day.

So all of these activities in this course and sensory integration techniques such as yoga, mindfulness, meditation and breathing exercises will give them some precious skills they need to make navigating life just that little bit easier.



## FAQ

### WHAT FORMAT IS IT?

This is a digital product so you'll access all the elements from the training hub. You can download the package straight to your computer all you need to do is log in to access them with your email and the password you set.

### IS THIS COURSE USEFUL IF I'M NOT ACTUALLY A PRACTITIONER BUT I'M INTERESTED IN THE SUBJECT?

Yes, although you may want to start with the Mindset Matters online course and then if you feel you would like to share this with your community you can upgrade to become a Mindset Matters teacher.

### HOW MUCH IS THIS COURSE?

£1200 now £900

### CAN I CANCEL MY PURCHASE?

As this course is a digital product we cannot offer you a refund. Please ask as many questions as you like to make sure that this course is for you. We are happy to help you in anyway we can.

### WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?

Simply email me at [trish.maddalena@wigglebums.uk](mailto:trish.maddalena@wigglebums.uk) and you can book in for a discovery call.



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# FAQ

## WHAT YOU PUT IN YOU GET OUT



## FAQ

### WHAT CAN I DO WITH THIS PACKAGE?

You can download, customize, and print the materials for personal or professional use, such as in coaching or a classroom setting. You can include meditations in your yoga classes or run workshops and retreats. You may add your logo, and adjust or brand all the materials as you see fit.

### WHAT CAN'T I DO WITH THIS PACKAGE?

You cannot publish the materials publicly (online or offline) or resell the package as it is. For example, creating your own course from these templates and offering it under your own brand is allowed. Taking the whole or a part of this course and packaging it as is and reselling it, is not allowed unless you are one of our WiggleBums Teachers and wish to use our brand.

### I'VE NEVER RUN A BUSINESS BEFORE CAN YOU HELP ME WITH THAT?

Yes, we can. We offer a 6-month Business Set Up Mentoring & Guidance program with access to a fully loaded Business Hub with our founder and Lead Tutor Trish Maddalena to help you on your way as you launch your business. This is available if you are brand new to business or find that your existing business could do with a helping hand.