

**Put the power of the mind  
to work for you.**

**MINDSCAPE™**

THE MIND TRAINING WORKSHOP

MINDSCAPE



**MINDSCAPE™**  
Mind Training for Peak Performance



**MINDWORKS**

La Mystique, 144 Patri Indri Vella St., Pembroke STJ 07, Malta.  
Tel: (+356) 21 372681, Mobile: 9944 4106  
Fax: (+356) 21 374474 Email: [kjattard@vol.net.mt](mailto:kjattard@vol.net.mt)  
[www.awarenessworkshops.com](http://www.awarenessworkshops.com)

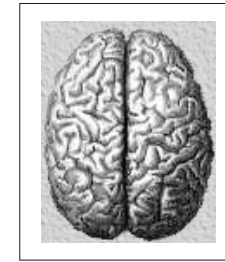


Powerful techniques for training the mind  
and harnessing the vast potential of its  
creative and intuitive faculties.

# MINDSCAPE™

THE MIND TRAINING WORKSHOP

MINDSCAPE



**This is the most powerful  
known device in existence**

It is also the most vital asset your organisation possesses.

Because the degree of success or otherwise of any operation, from the simplest task to the most complex project, will always depend on the mental ability of the man or woman performing it, particularly the state of mind they are in at the time.

The very success of the organisation ultimately revolves on this factor, making mind training for human resources a top priority consideration for the forward-looking organisation.

To sharpen the mind, harness its vast potential and activate peak performance states is the aim of the MINDSCAPE MINDTRAINING Workshop.

## Just for a moment, imagine yourself

...conceiving marketing and advertising ideas for a new product. Sitting quietly at your desk, you are focused on your alphamind, a powerful visualisation exercise that is connecting you to the field of unlimited possibilities available to the creative part of your mind. The ideas flow smoothly, one after another, and you jot down several exciting leads. You have also pinpointed a weakness in your marketing mix, even a slight snag in the product concept itself. Making a mental note to talk to R & D about it, you continue to put together what is already looking like a winning strategy for a successful product.

...conceiving marketing and advertising ideas for a new product. Sitting quietly at your desk, you are focused on your alphamind, a powerful visualisation exercise that is connecting you to the field of unlimited possibilities available to the creative part of your mind. The ideas flow smoothly, one after another, and you jot down several exciting leads. You have also pinpointed a weakness in your marketing mix, even a slight snag in the product concept itself. Making a mental note to talk to R & D about it, you continue to put together what is already looking like a winning strategy for a successful product.

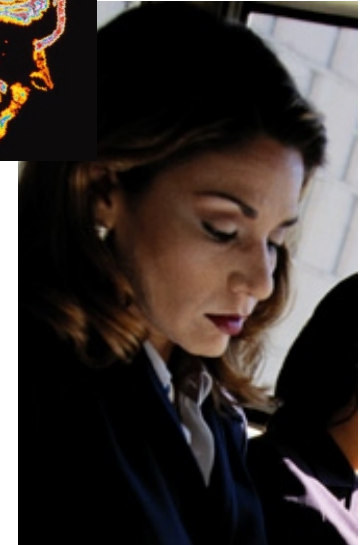
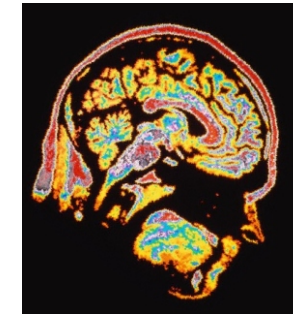
---

These are just two examples of the many remarkable ways in which the MINDSCAPE CORPORATE MIND TRAINING Workshop can enhance the creative and intuitive abilities of you and your organisation's human resources.

# MINDSCAPE



## Some of the benefits of **The MINDSCAPE™ CORPORATE MIND TRAINING WORKSHOP**



The advantage of the Mindscape techniques is their numerous applications. They prove useful to anyone from top executive and management to the hands-on technical worker. Mindscape is invaluable to anyone who stands to benefit from creative thinking or intuitive insight.

- ❖ enhanced creativity & imagination
- ❖ better problem-solving abilities
- ❖ reduced stress
- ❖ heightened intuition
- ❖ more access to new ideas & information
- ❖ improved memory retention & learning ability
- ❖ new horizons in communication skills
- ❖ improved personal management

These benefits are both immediate and long term, as they continue to flourish in the individual. For the individual, this can mean a significant upgrade in mental ability and an improvement general well-being. For the learning organisation that identifies

## ARE YOUR PEOPLE RUNNING ON NORMAL...

It is a fact that up to 90% of personnel in any organisation may only be using a small percentage of their mind's potential. Although often accepted as the norm, this situation effectively means that the average organisation is running on just a mere fraction of its true potential - the very antithesis of cost-effectiveness.

Whilst we have all been brought up with a fairly well-developed left (logical) brain function, very few people have been trained to use the right brain well. Yet excellence is only achieved by using both left and right brain functions. The right brain is the seat of creativity, imagination and intuition - essential attributes of the dynamic, learning organisation. Moreover, it works faster and in many ways more effectively than the left. Engaging the right brain automatically evokes a mentally relaxed yet sharp state of mind that is much more conducive to efficiency.

In essence, comparing whole brain to left brain based functioning is like comparing a pocket calculator to a state-of-the-art computer. Which do you choose to use in running your organisation?

## ...OR PEAK PERFORMANCE?

The MINDSCAPE MIND TRAINING workshop is aimed at teaching participants to use more of their mind's vast resources by learning to harness and use the alphamind - the right brain's enhanced faculties.

The techniques are simple, yet devastatingly effective and work in line with cutting edge findings in neuropsychology and quantum physics. Similar methods have been used throughout the years by sages and geniuses to tap into collective consciousness, as well as by world class athletes to excel in their performance.

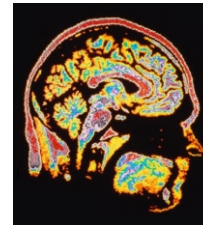
During the workshop, each participant is led to establish a permanent link with his/her alphamind using specialised techniques. Amongst other things, this process involves creating a mental working area in the mind by means of an innovative visualisation exercise.

# MINDSCAPE



The participant leaves the workshop with the ability to tap into the most powerful part of the mind at will, thus possessing a tool that can significantly enhance peak performance in work and life.

## SOME TOPICS MINDSCAPE COVERS



- ❖ left & right brain function
- ❖ creating the alphamind mental work area
- ❖ tapping into the alphamind state
- ❖ creativity, brain-storming & problem-solving
- ❖ intuition
- ❖ stress-busting
- ❖ browsing the collective consciousness
- ❖ rehearsing presentations
- ❖ market-testing ideas
- ❖ attaining goals

MINDSCAPE techniques have proved of benefit to thousands of participants around the world ranging from corporate executives, businesspeople and professionals to therapists, athletes and public. MINDSCAPE has formed part of the training programs of top multi-national corporations, and has been a keynote feature in international creativity conferences.

The MINDSCAPE Workshop can be specially adapted to deliver applications relevant to the participants. While there is a certain amount of theory, the bulk of the Workshop consists of practical exercises.

Each participant receives a comprehensive manual exclusively written for Mindscape seminars by senior trainer Kris Attard, who has had many years of experience in these methods.



# WHAT PARTICIPANTS THINK ABOUT MINDSCAPE

"The use of this technique is truly limitless and invaluable!"  
G. Gainsworth, Creative Director, NY, USA.

"Excellent seminar, excellent applicability to my work"  
E. Garcia, CEO Economist, Hong Kong.

"Dynamic cutting edge techniques...powerful presentation."  
L. Heath, Consultant, FLA., USA.

"Gives a whole new perspective to problem-solving."  
B. Starman, Administrator, NJ, USA.

"Opens excellent possibilities"  
L. Ho, Project Manager, Hong Kong.

"Showed me a lot more was possible than I would have ever imagined."  
A. Kranich, Biologist, OR., USA.

"Amazing what one can do with the power of the mind."  
N. Camilleri-Sultana, Manager Research & Analysis, HSBC Bank Malta.

"I really enjoyed the workshop ... and will use the techniques."  
A. Sabnan, Stock Broker, Hong Kong.

"Absolutely phenomenal!"  
J. Fettig, Chiropractic Doctor, Chicago, USA.

"Very mind-blowing. Really widens horizons in life."  
N. Chugh, Solicitor, Hong Kong.

"Mental gymnastics in peak performance...changes your life forever. "  
P. Janssen, Hotelier, Holland.

"This is a very powerful tool."  
B. Bodreau, Accountant, MO, USA..

"I see a universe of possibilities opening before me."  
A. Thoth, Neurologist, MO., USA..

"I definitely recommend this for the company."  
A. Roberts, Software & Engineering Manager, CA., USA.

MINDSCAPE



# YOUR MINDSCAPE™ TRAINER



Kris Attard is a personal development and corporate trainer who specialises in mind skills training for effectiveness and peak performance. He runs Awareness Workshops, conducting trainings in Europe, USA, and Asia to clients that include top multi-national corporations. He is the worldwide senior trainer of Mindscape for the PaRama School of Life Sciences of USA, having trained with Dr John Veltheim. His work also draws on a varied training background that includes systems thinking, gestalt psychotherapy, bioenergetics and various mind skill methodologies. He is a master practitioner of Neuro-Linguistic Programming certified by the International Society of NLP, and a trainer of Edward deBono's Six Thinking Hats certified by APTT of USA and the Edward deBono Foundation of Malta. For several years, Kris was in demand as a creative ideas man in the marketing and advertising industry in Malta, with award-winning campaigns to his credit. He is the author of the Mindscape Manual, and he has a book on mind techniques in preparation.



Practical Learning Systems, Inc.®



Please contact us if you require any further information. We would be happy to discuss how Mindscape or any of the other methods we teach can fit your training objectives.

AWARENESS



WORKSHOPS

**La Mystique, 144 Patri Indri Vella St., Pembroke STJ 07, Malta.**  
**Tel: (+356) 2137 2681, Mobile: 9944 4106**  
**Fax: (+356) 2137 4474 Email: [kjattard@vol.net.mt](mailto:kjattard@vol.net.mt)**  
**[www.awarenessworkshops.com](http://www.awarenessworkshops.com)**