



High-Performance Activation Program

Report Summary

Stage 1: Agreed Program KPI's Report

Stage 2: Crew 1 - Individual Survey Assessment Report

Stage 3: Crew 2 - Individual Survey Assessments Report

Stage 4. Individual Program Feedback Summary Report

Presented by Rich Maloney



Assessment of Individual Goal Achievement Report

What are the three main mind and life improvements you hope to achieve to enhance your growth and become the best version of yourself?

CREW 1



- Remove distractions
- 1 • Increase fitness and wellbeing
- Control self-criticism



- Less self doubt
- 2 • Renewed purpose
- Clarity of thoughts



- Clearer direction
- 3 • Happiness
- More energy - positive outlook



- Being able to confidently represent the value I deliver for the organisation
- 4 • Greater focus at work to improve my work/life balance.
- Increased energy for activities outside of work.



- Be a better version of myself
- 5 • Increased confidence
- Reduced stress



- Positive mindset
- 6 • Self belief
- Energy levels



- Built confidence
- 7 • Don't be afraid to speak up
- Take a break if overwhelm



- Reduce anxiety
- 8 • Lose weight
- Be able to get over making mistakes quickly without dwelling

CREW 2



- Improve anxiety response (health, general)
- 1 • Improve relationships
- Increase motivation



- Having more clarity overall with life/work
- 2 • Finding a more improved work/life balance
- Finding happiness in my worklife



- More focus, less distraction
- 3 • Evening energy
- Thinking ahead more



- Improved Confidence and Communication
- 4 • Reduced Procrastination
- Revived Imagination



- Better leadership and corporate success
- 5 • Reduced stress
- Improved health and happiness



- Spend less time and energy worrying
- 6 • Greater ability be in the moment and enjoy myself
- Have a more positive view of myself



- Find even more energy to keep growing
- 7 • Better relationship with kids & wife
- Improve mindfulness and connection with body



High-Performance Activation Program

Crew 1

Stage 2: Crew 1 - Individual Survey Assessments

1. Life Scorecard Report
2. Mental Wellbeing Report
3. K10 Psychological Stress Participant Report

Presented by Rich Maloney



**QUALITY
MINDA**

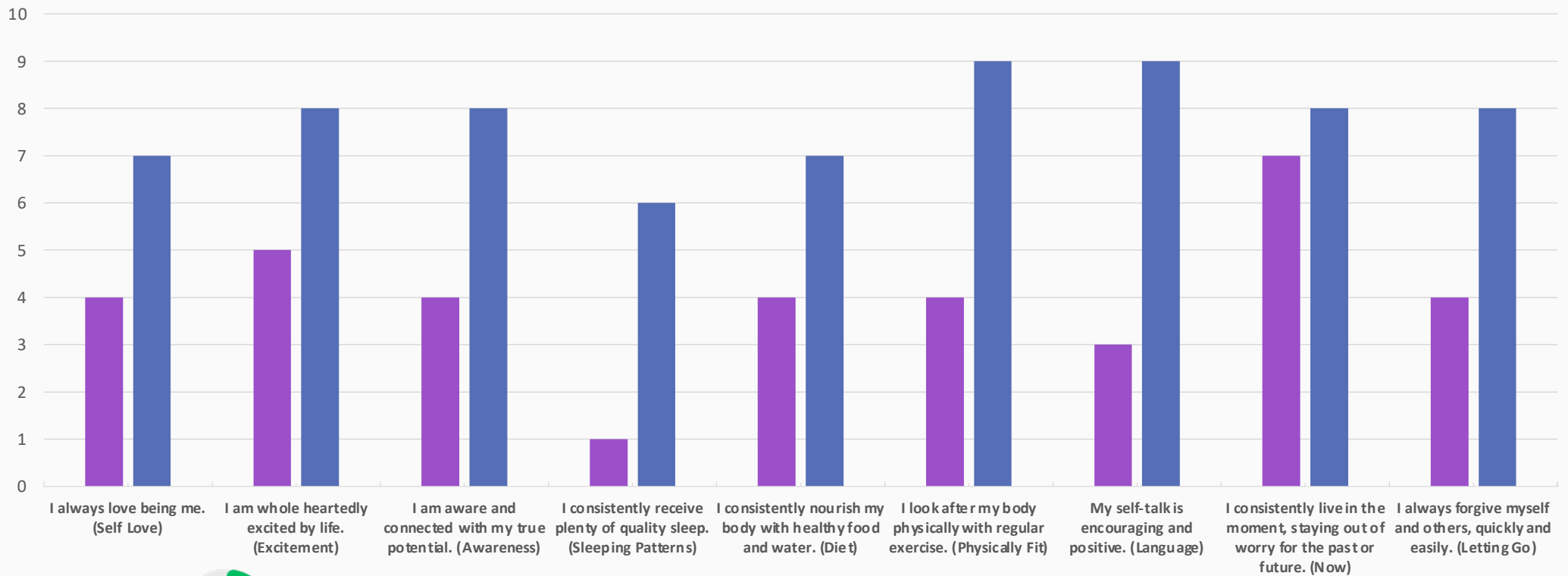
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 1

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



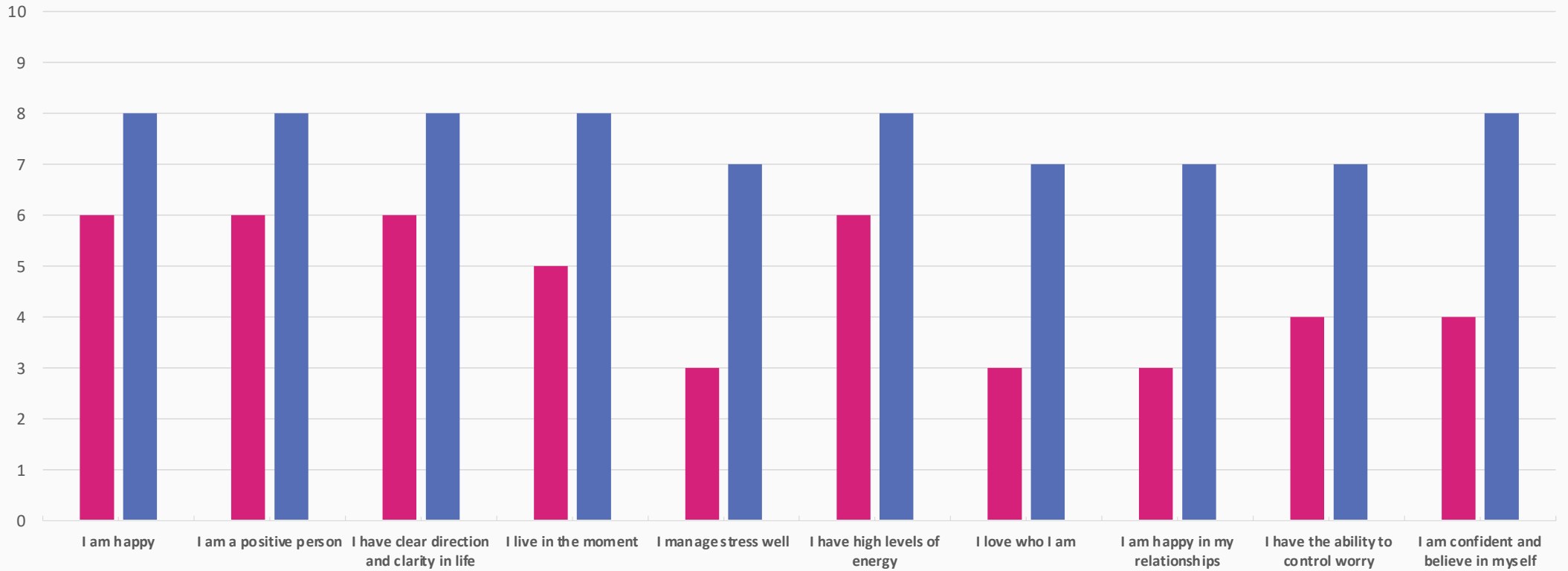
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 1

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



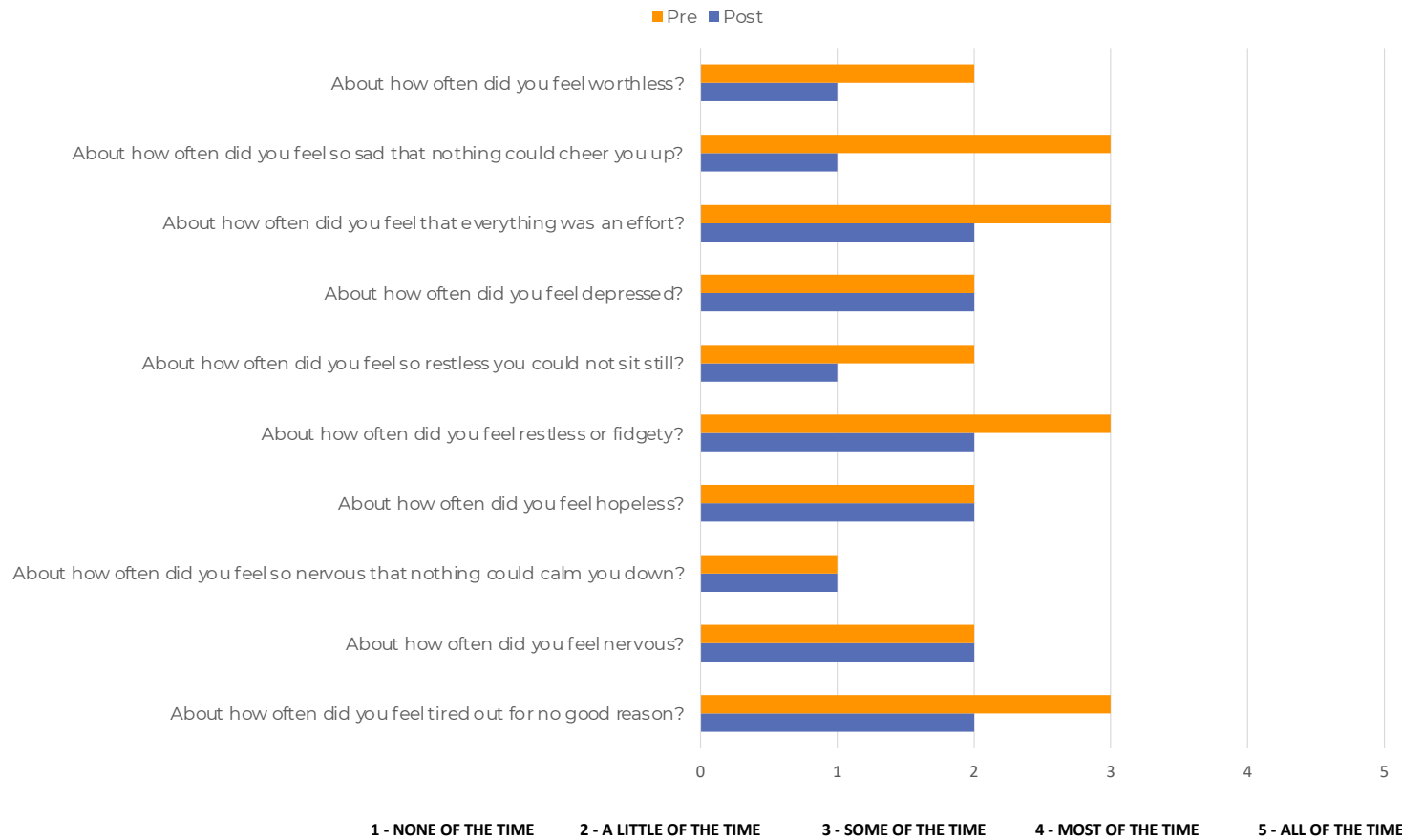
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 1

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 23

AFTER: K10 SCORE 16

LEVEL OF PSYCHOLOGICAL DISTRESS

HIGH ➔ **MODERATE**

LEVEL DECREASE OF



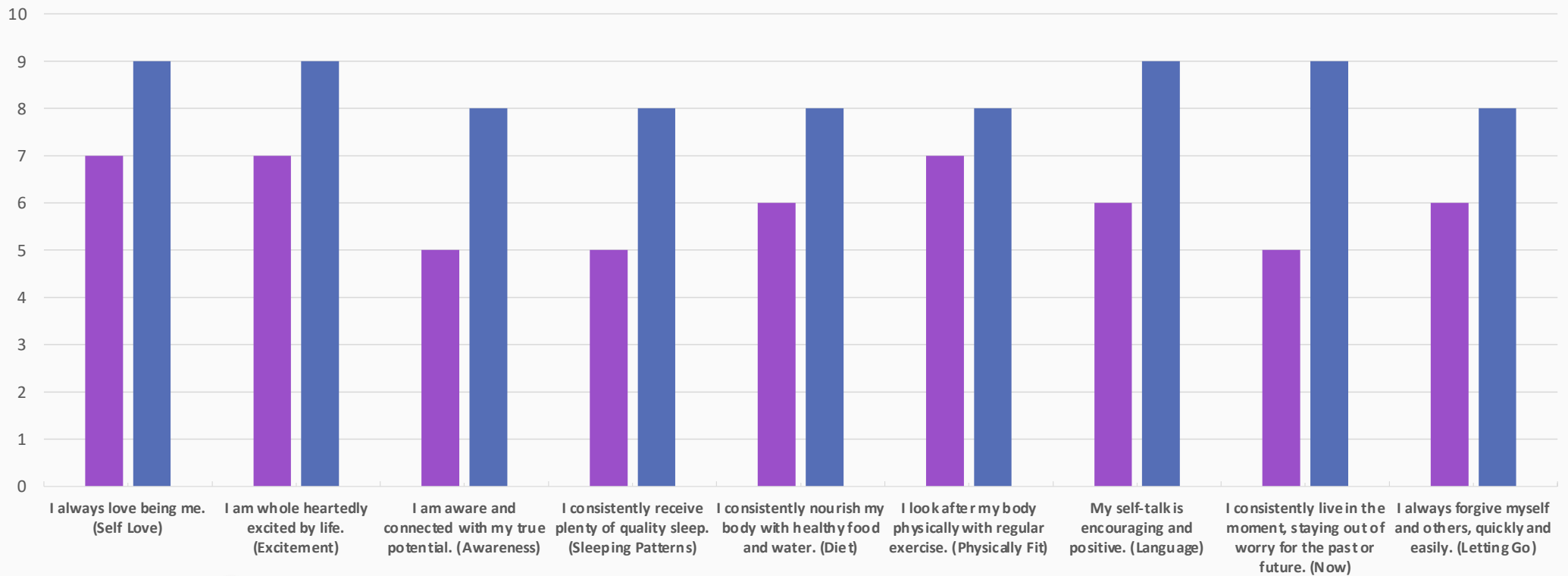
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 2

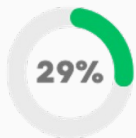
CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



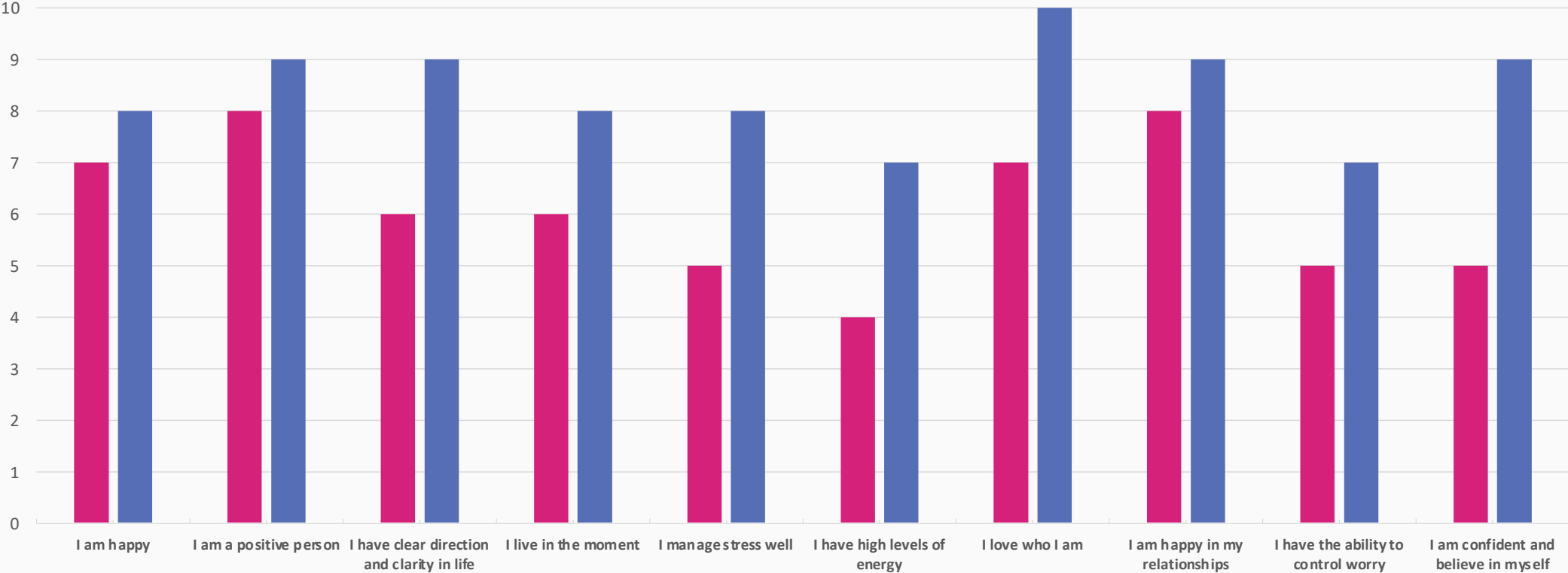
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 2

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



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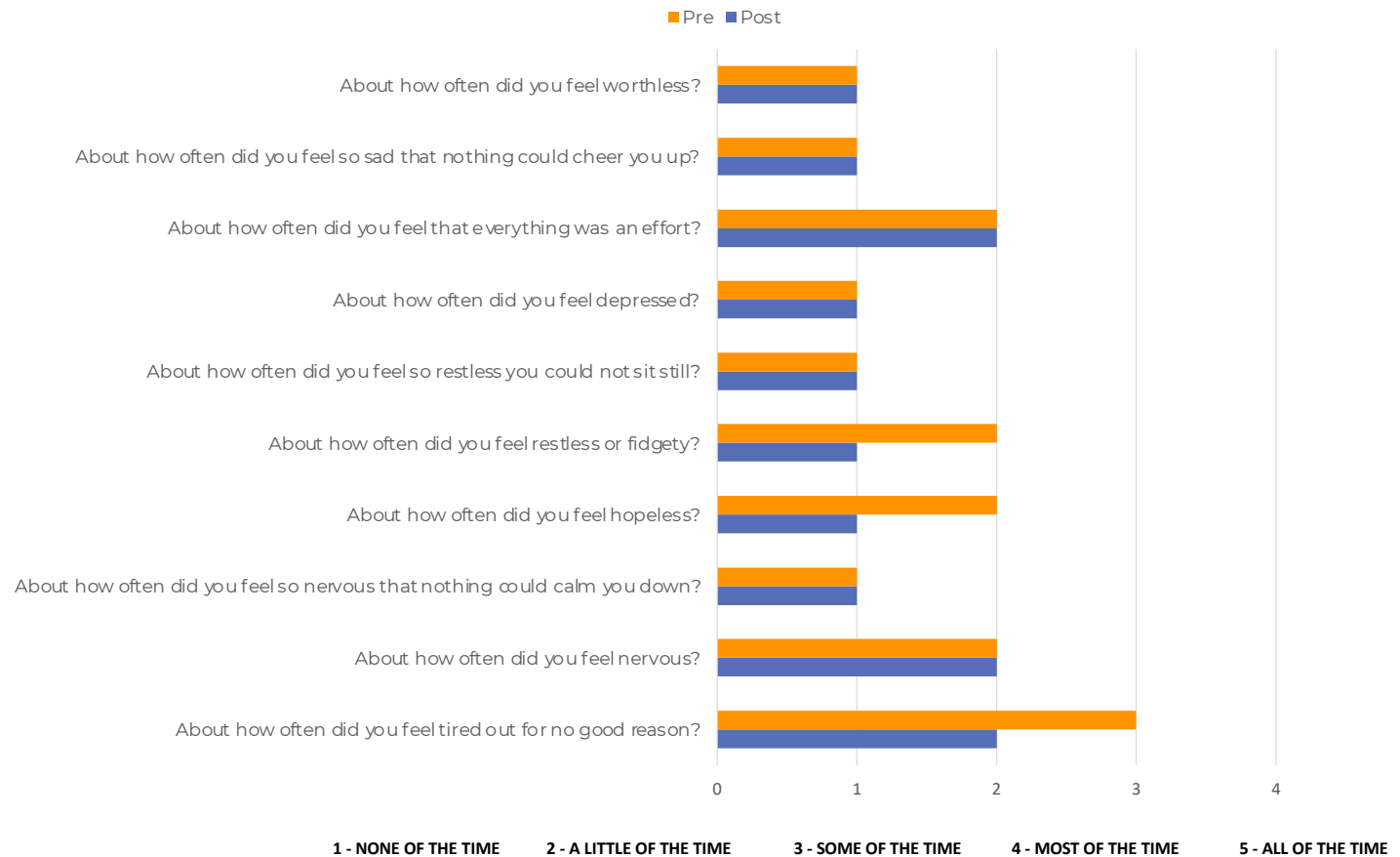
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 2

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 23

AFTER: K10 SCORE 16

LEVEL OF PSYCHOLOGICAL DISTRESS

HIGH ➔ **MODERATE**

LEVEL DECREASE OF



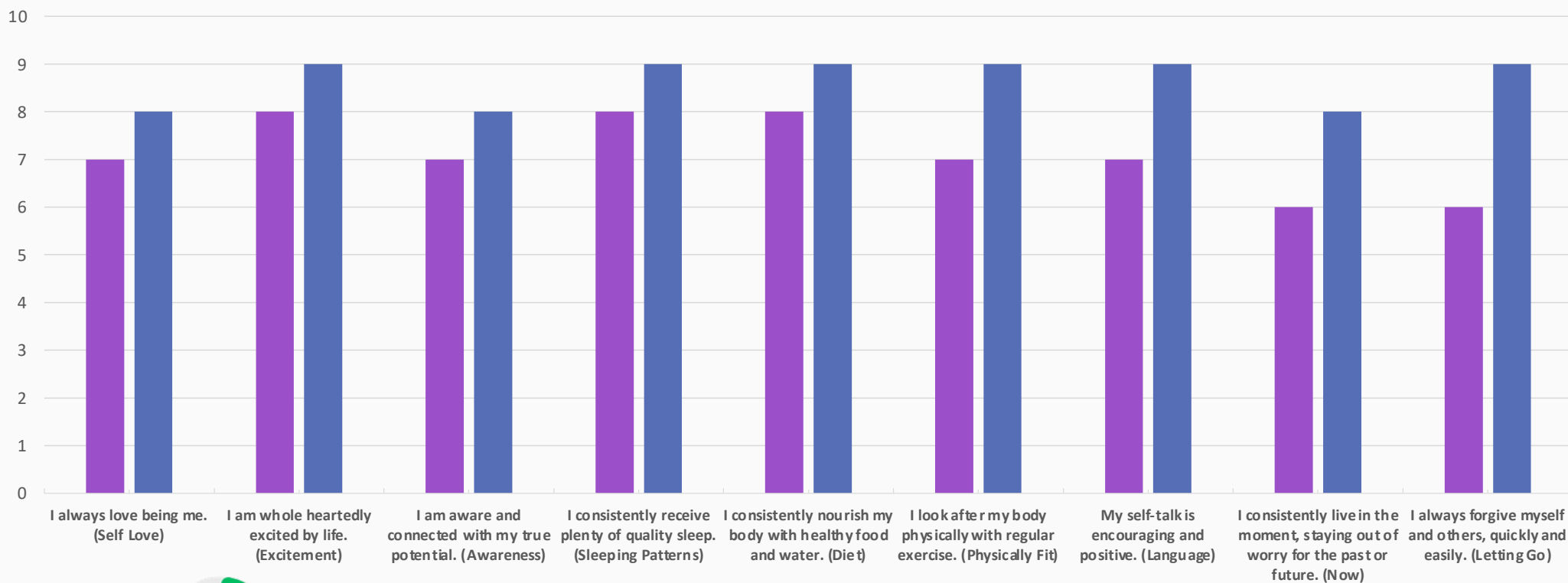
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 3

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:

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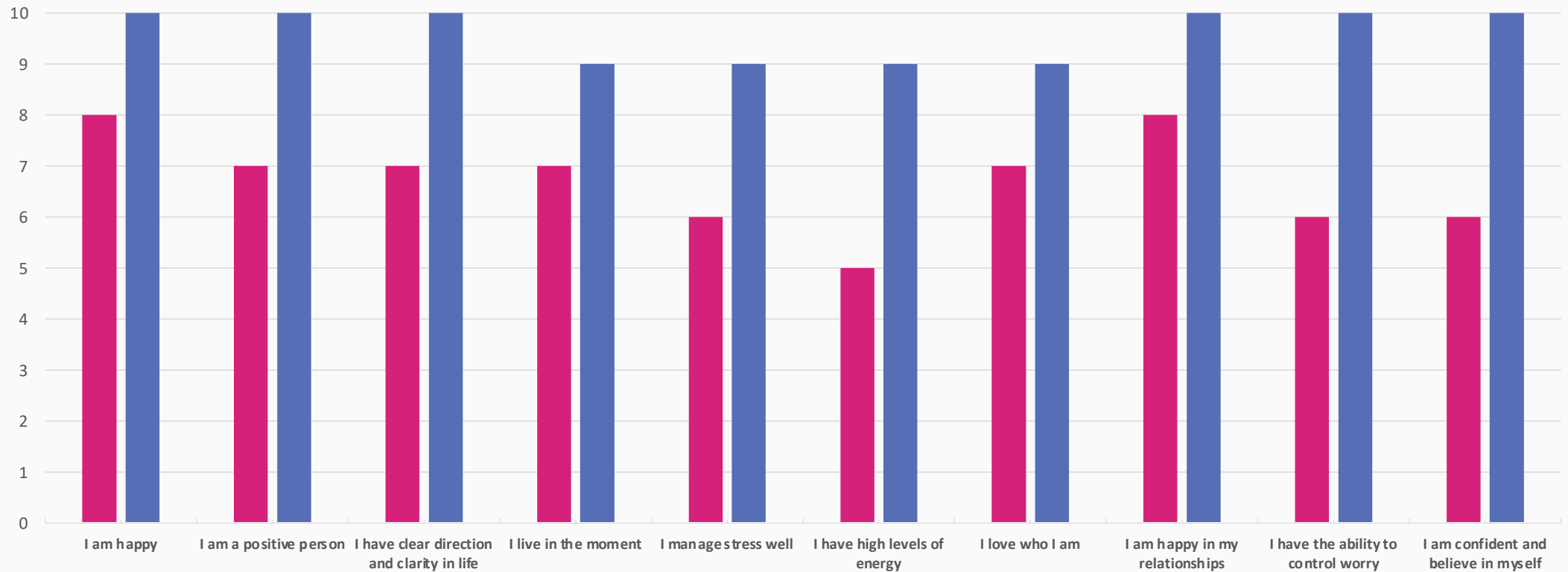
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 3

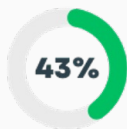
CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



**QUALITY
MINDA**

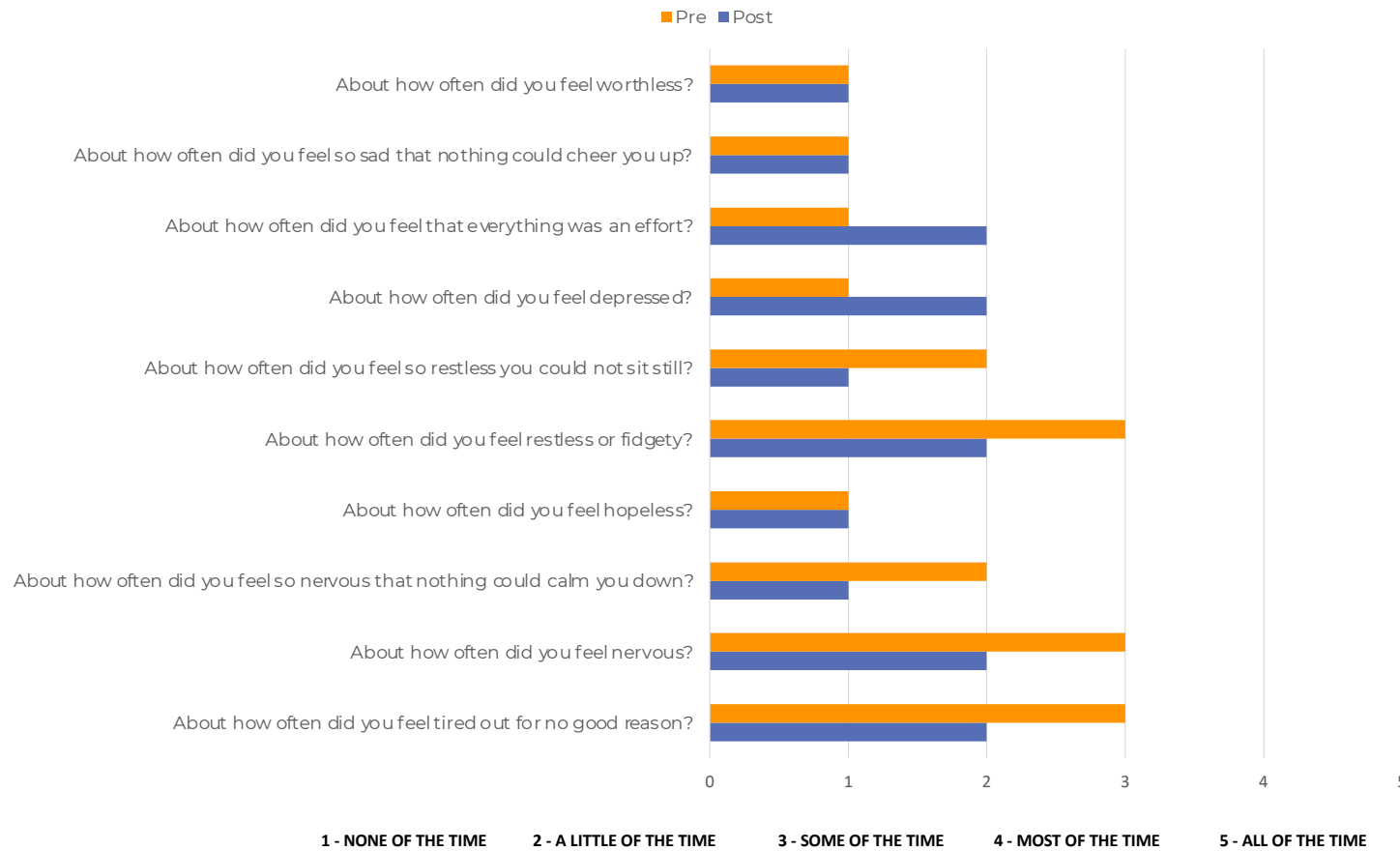
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 3

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 18

AFTER: K10 SCORE 15

LEVEL OF PSYCHOLOGICAL DISTRESS
MODERATE ➔ **LOW**

LEVEL DECREASE OF



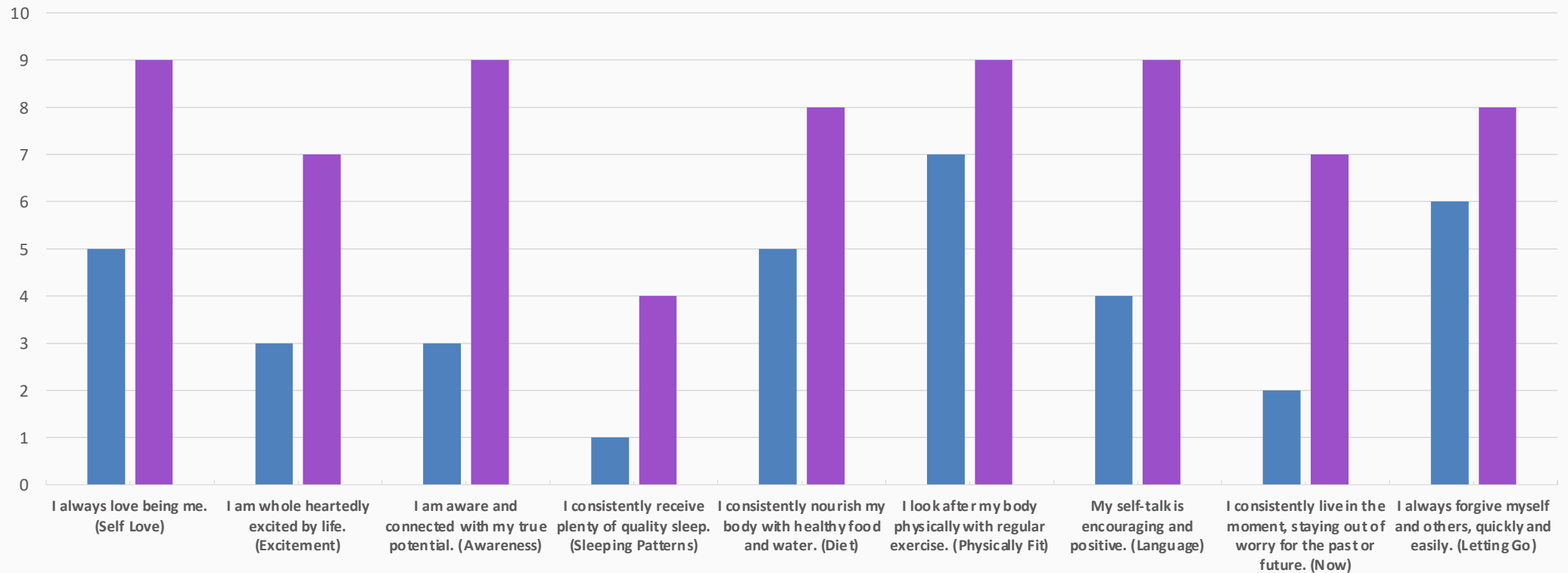
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 4

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



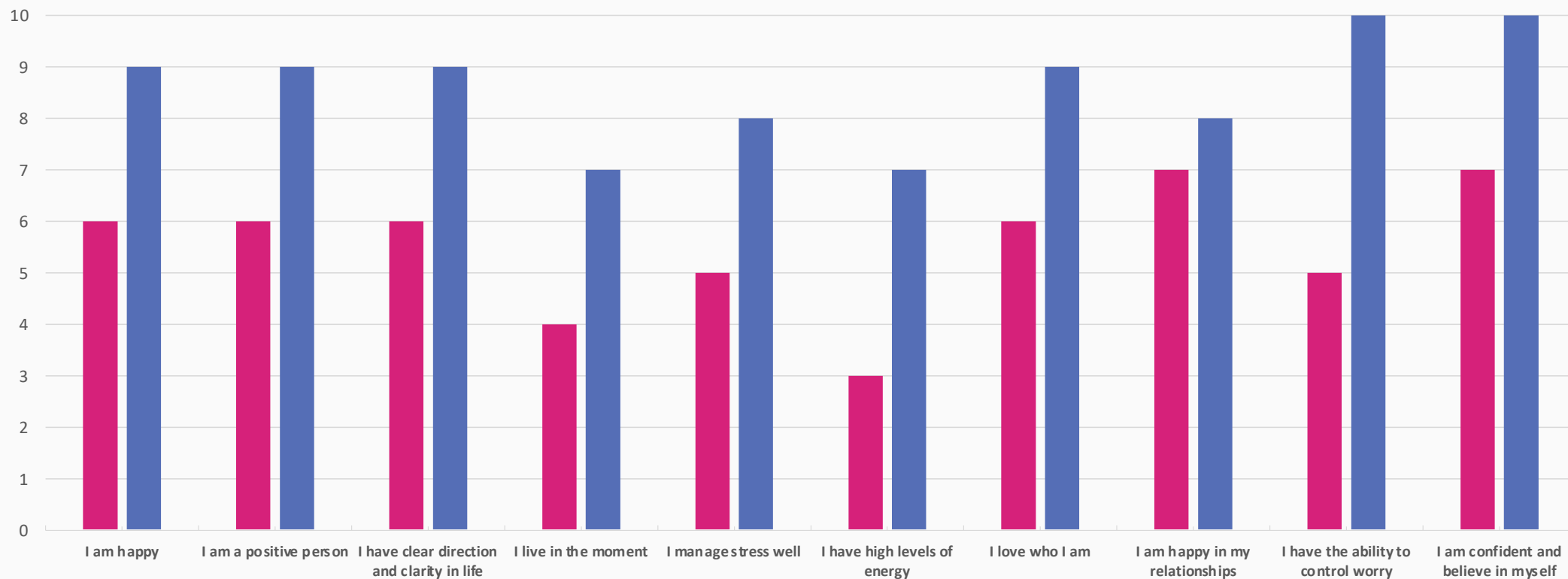
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 4

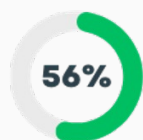
CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



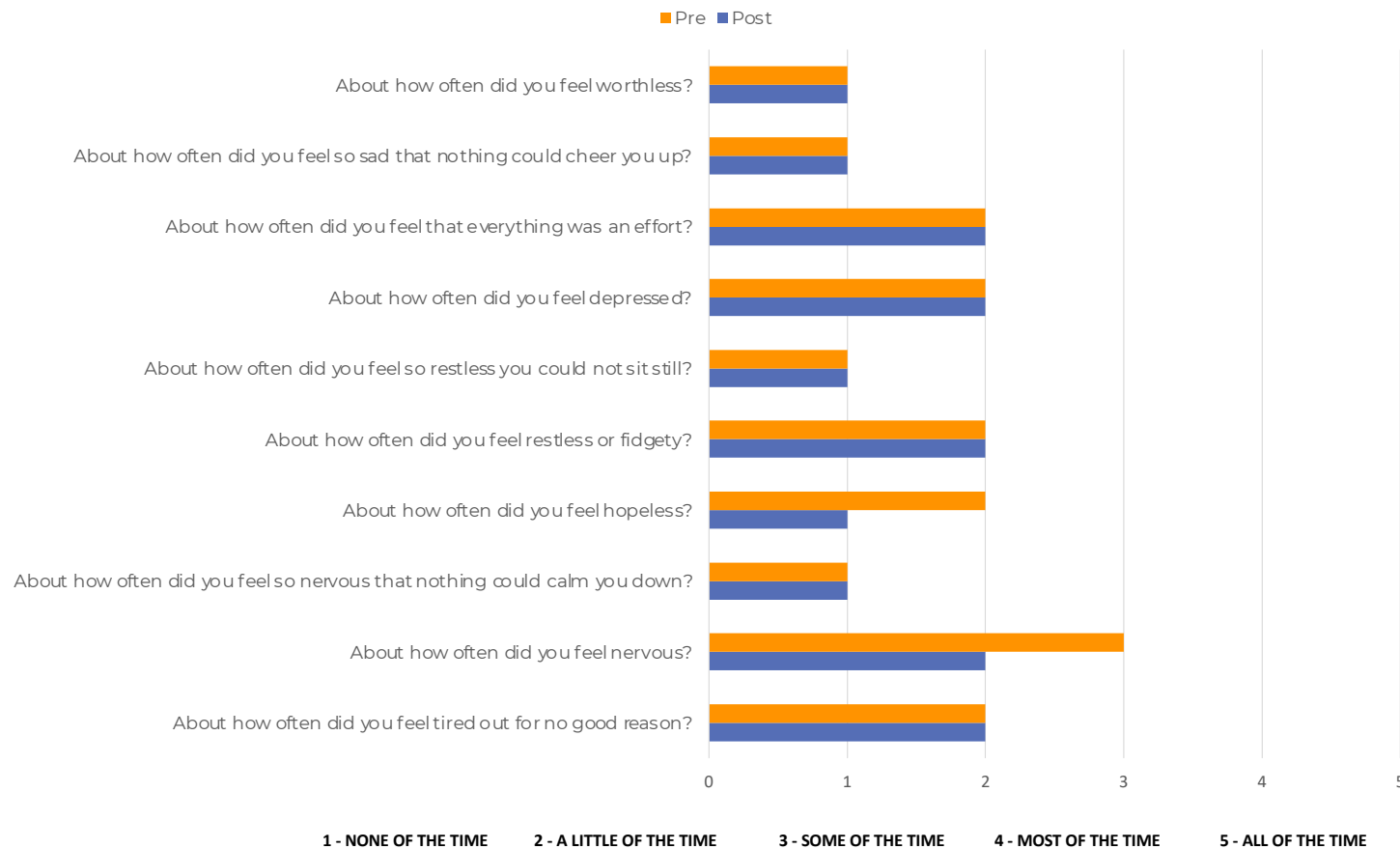
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 4

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 17

AFTER: K10 SCORE 15

LEVEL OF PSYCHOLOGICAL DISTRESS
MODERATE ➔ **LOW**

LEVEL DECREASE OF



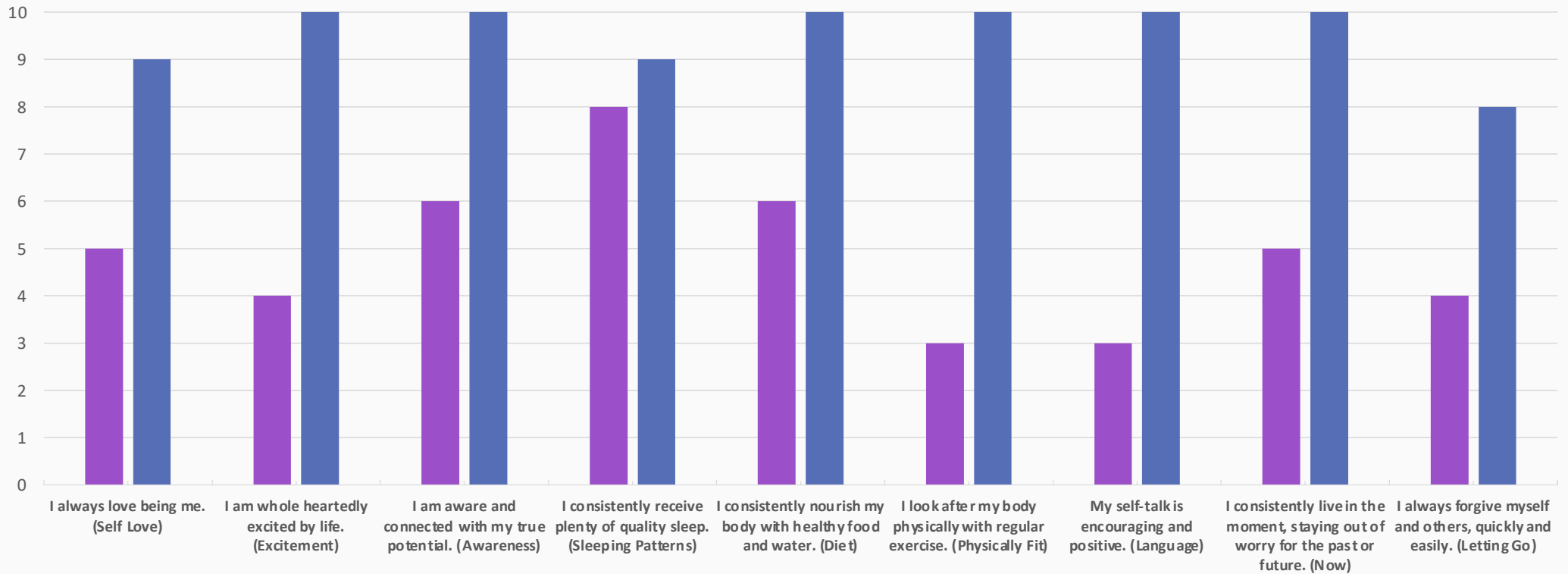
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 5

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



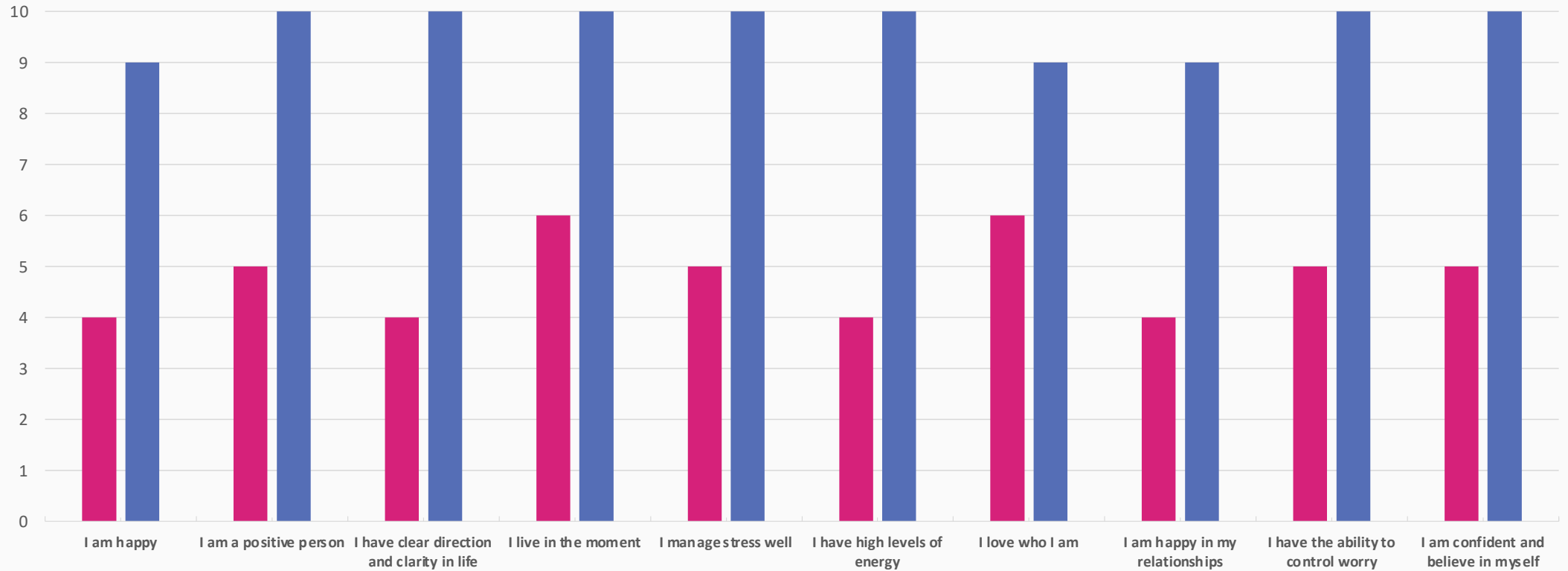
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 5

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



**QUALITY
MINDA**

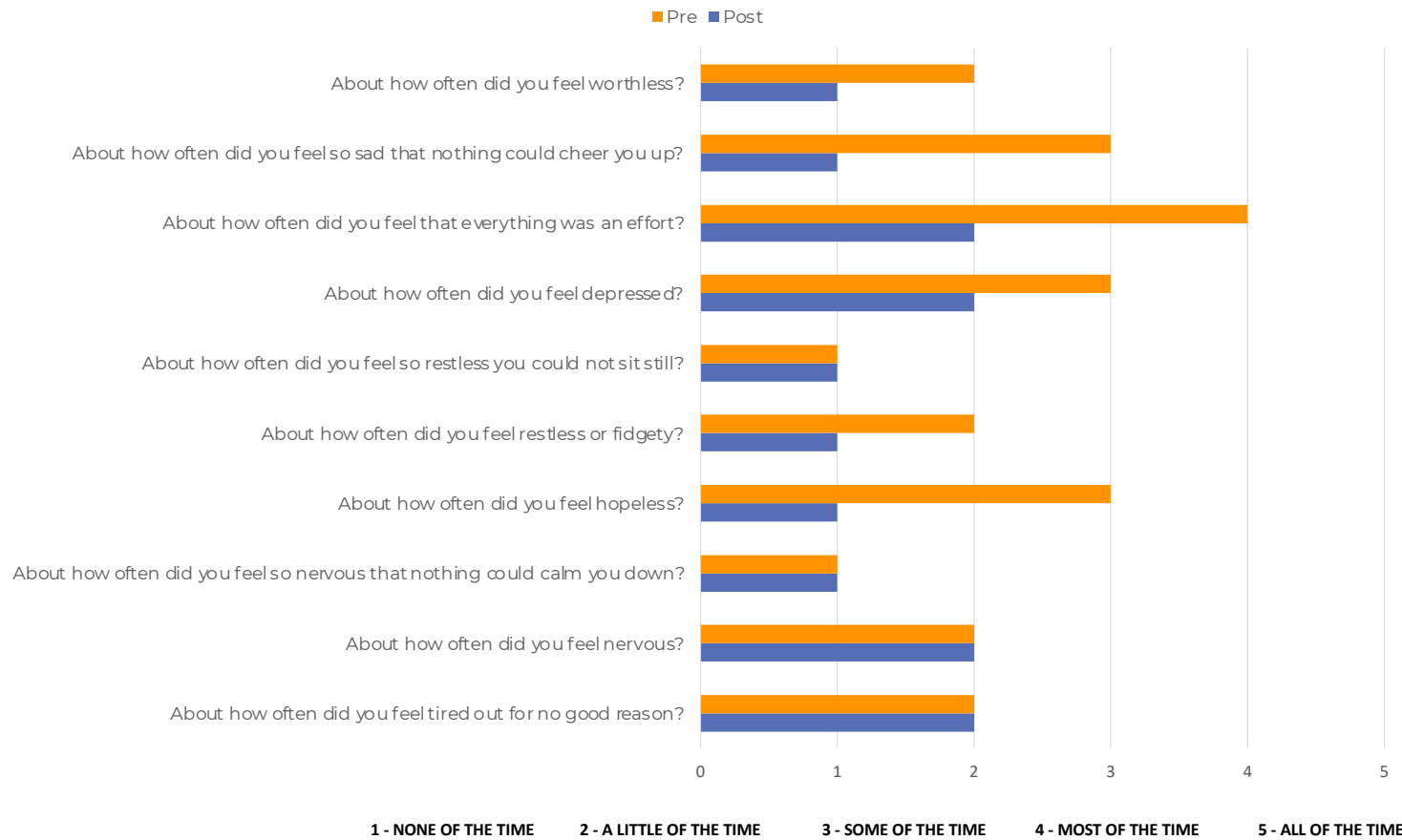
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 5

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 23

AFTER: K10 SCORE 14

LEVEL OF PSYCHOLOGICAL DISTRESS

HIGH ➔ **LOW**

LEVEL DECREASE OF



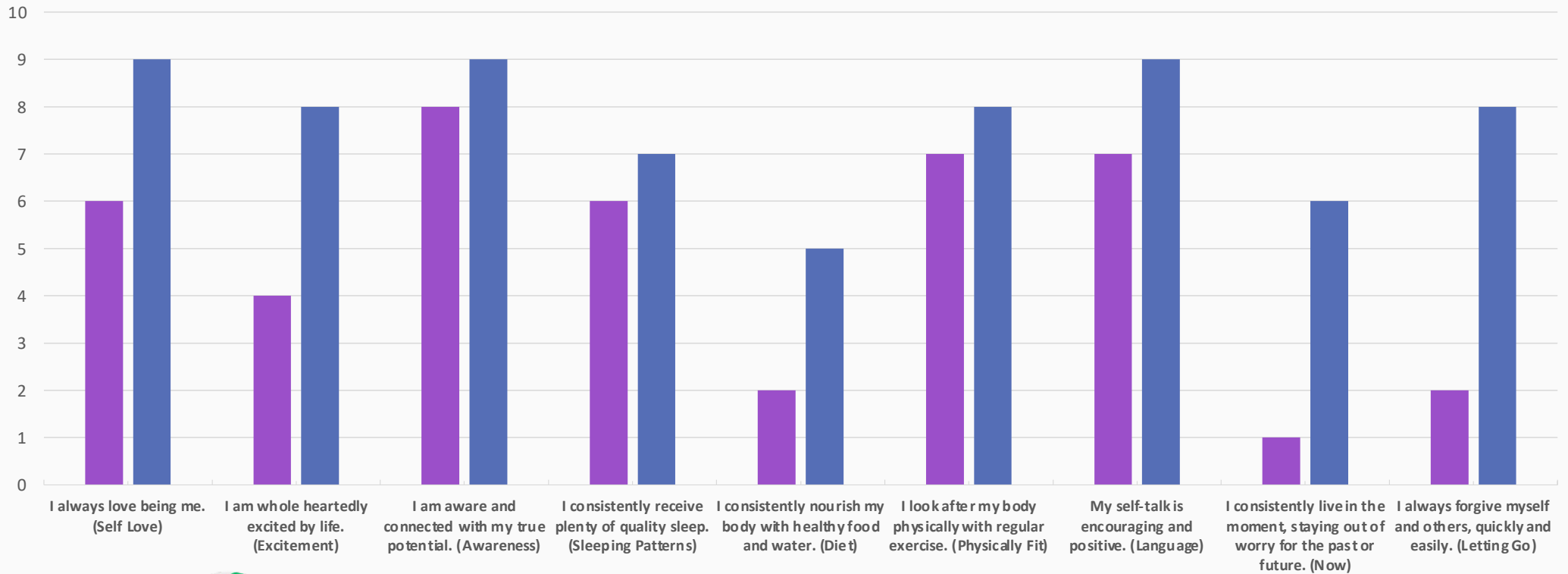
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 6

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:

38%

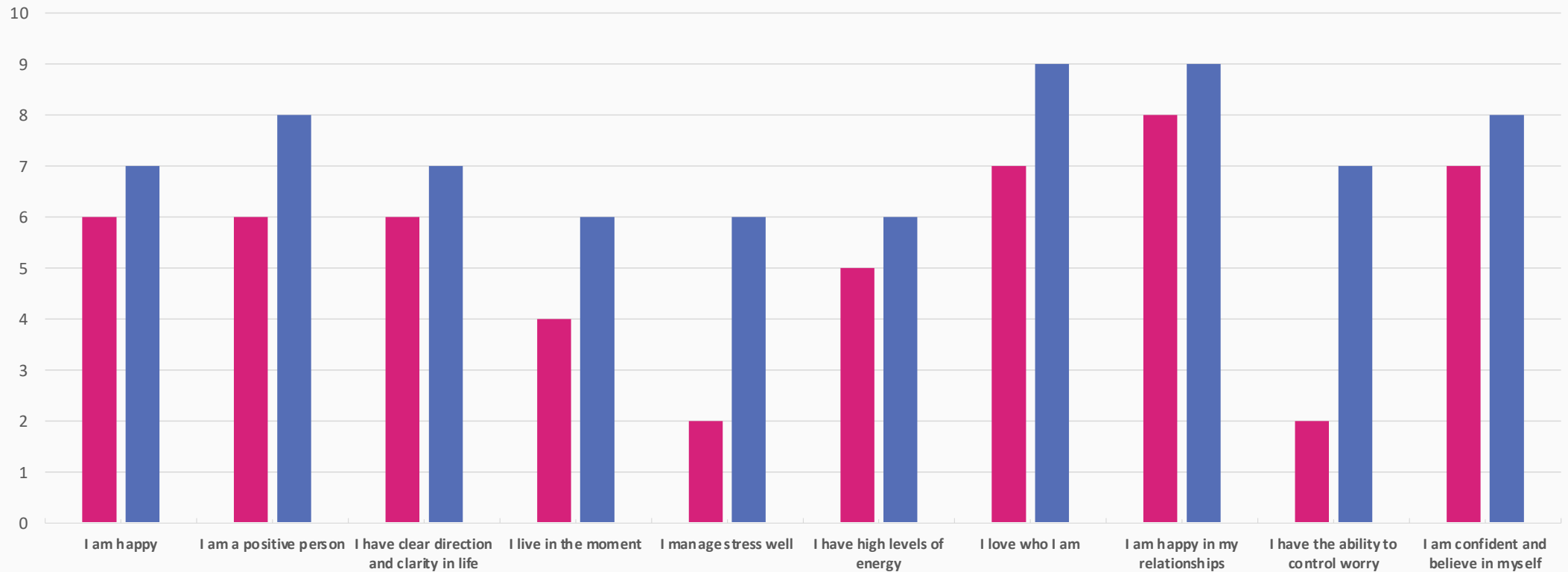
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 6

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:

38%

**QUALITY
MINDA**

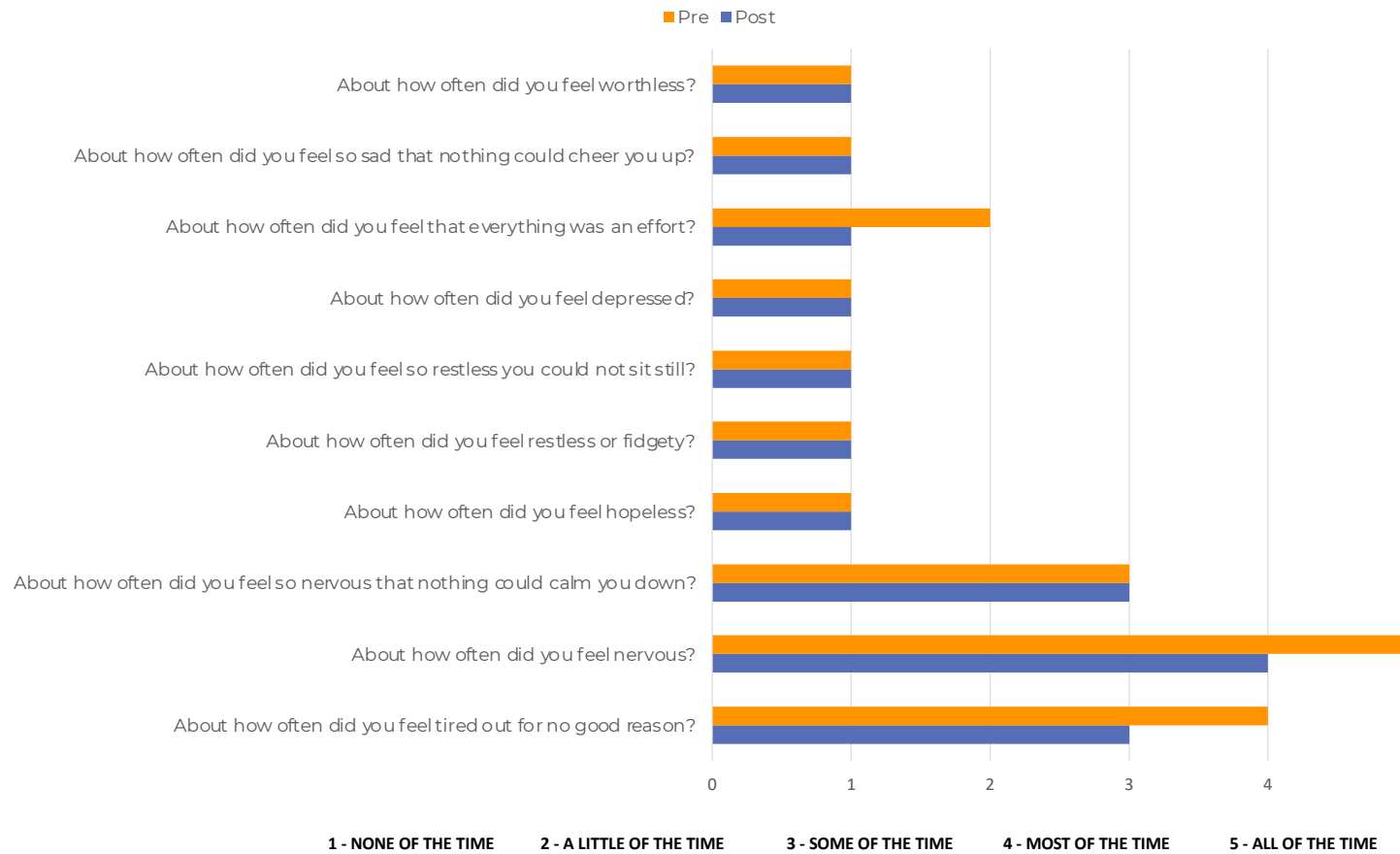
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 6

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 20

AFTER: K10 SCORE 17

LEVEL OF PSYCHOLOGICAL DISTRESS

MODERATE → **MODERATE**

LEVEL DECREASE OF



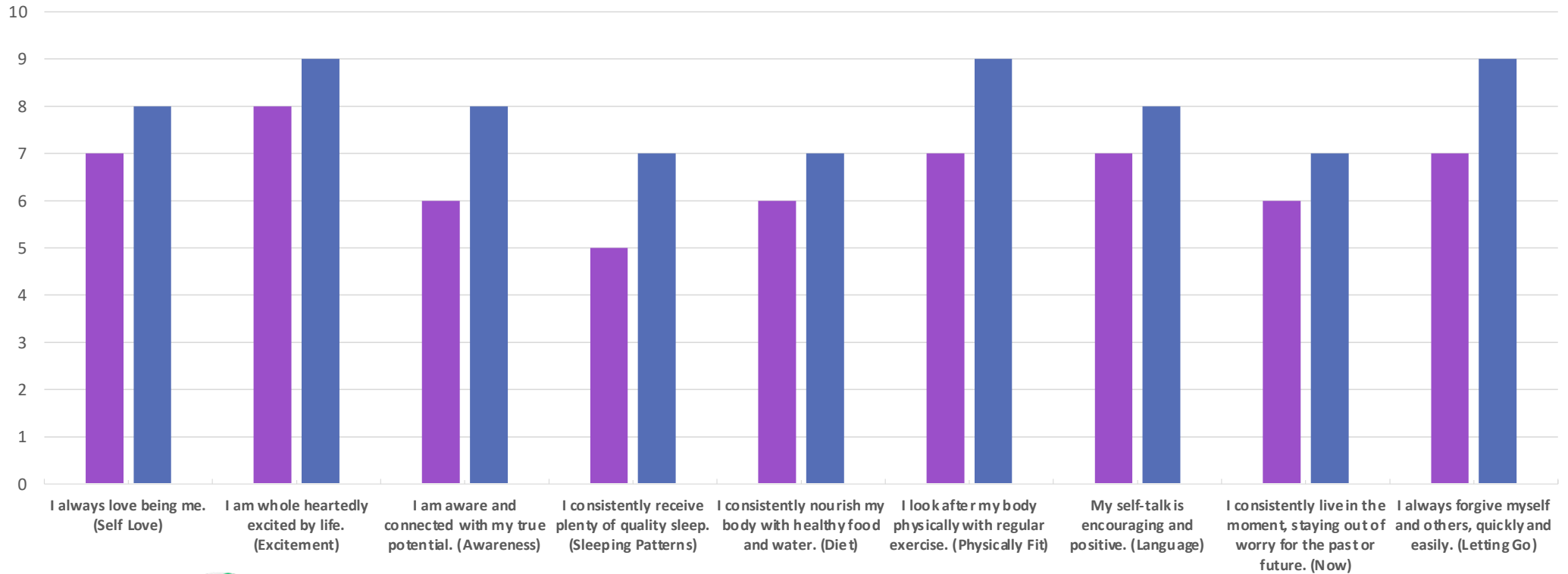
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 7

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:

18%

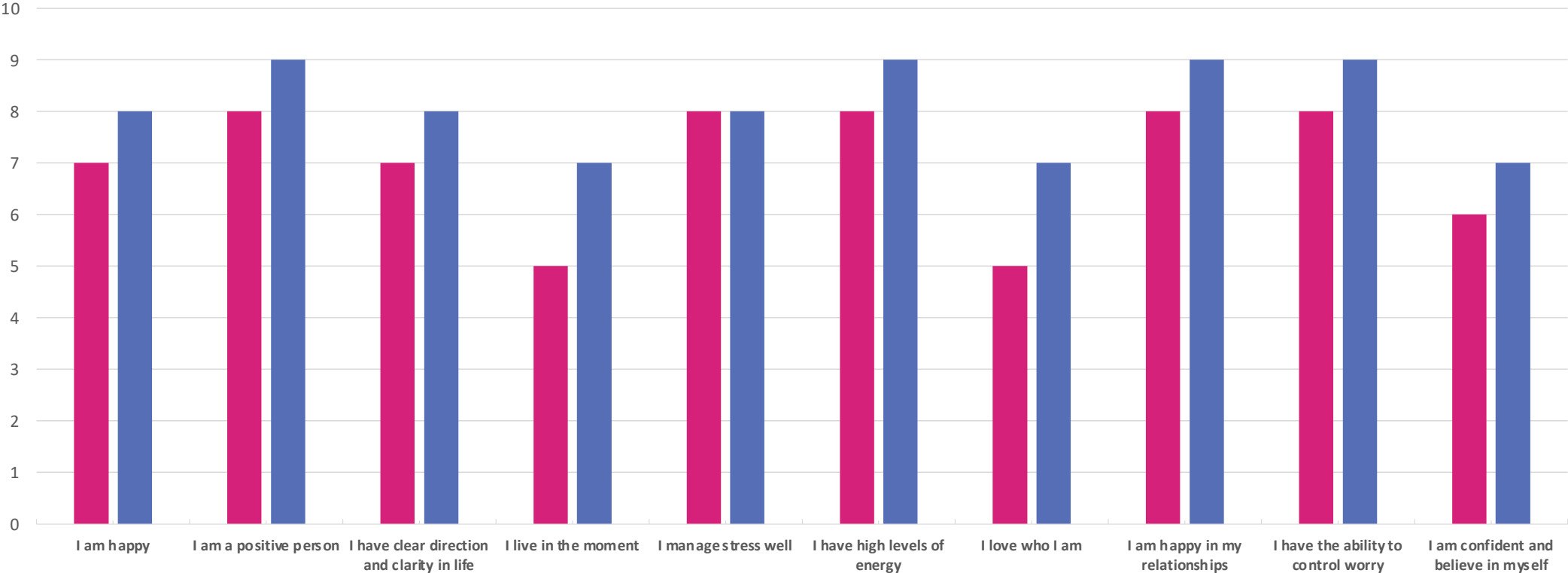
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 7

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



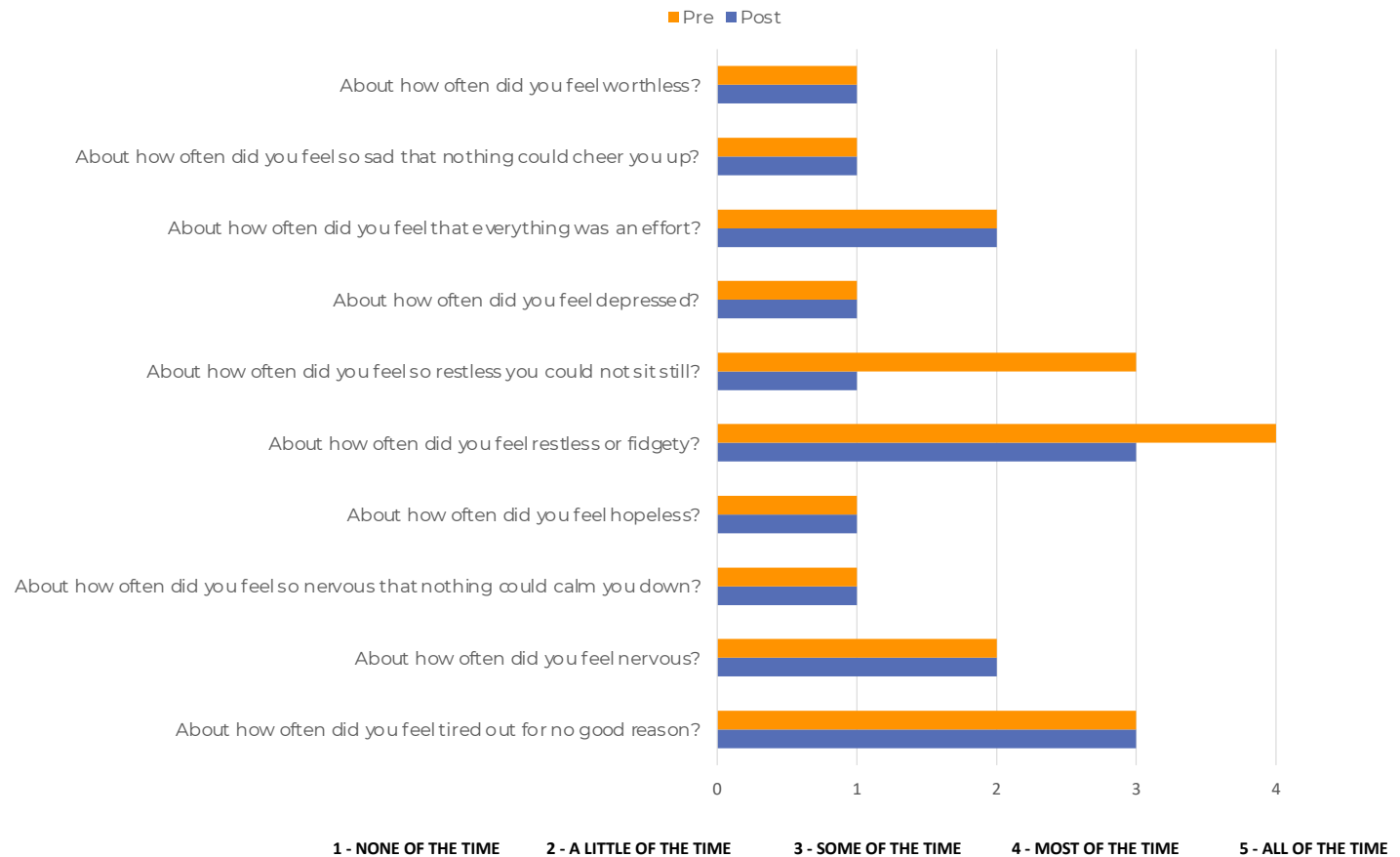
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 7

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 19

AFTER: K10 SCORE 16

LEVEL OF PSYCHOLOGICAL DISTRESS

MODERATE → **MODERATE**

LEVEL DECREASE OF



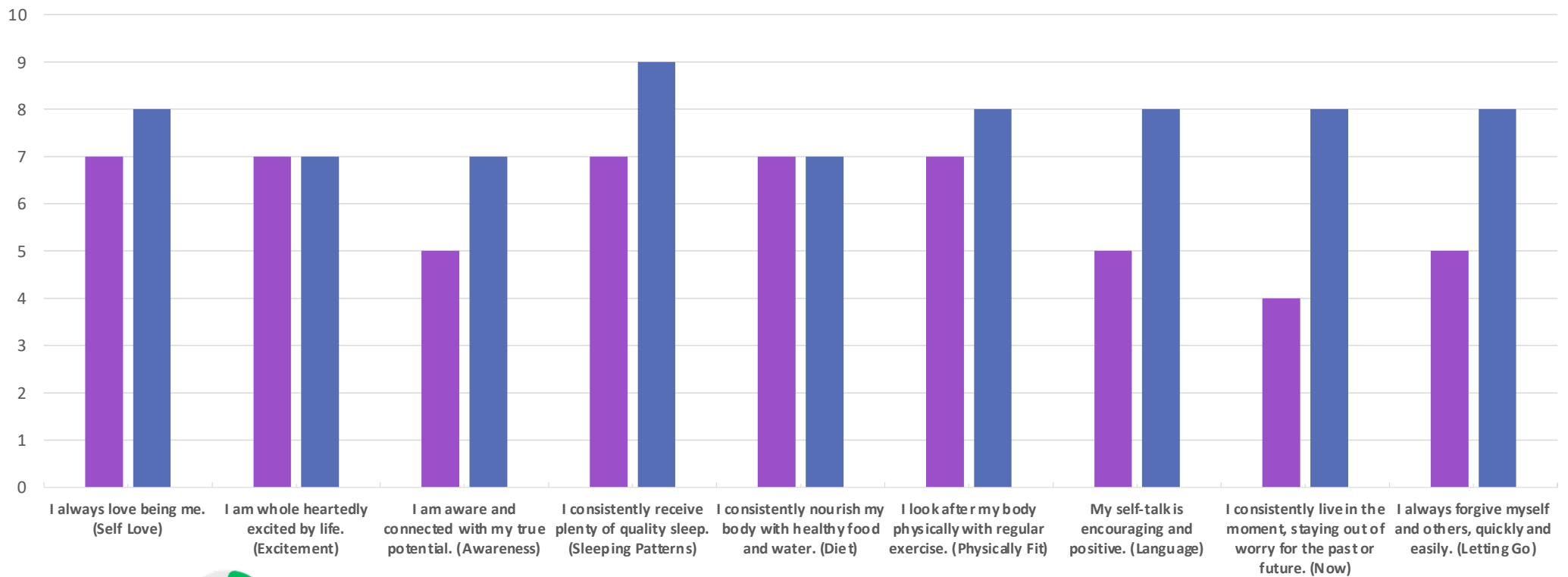
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 8

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:

23%

**QUALITY
MINDA**

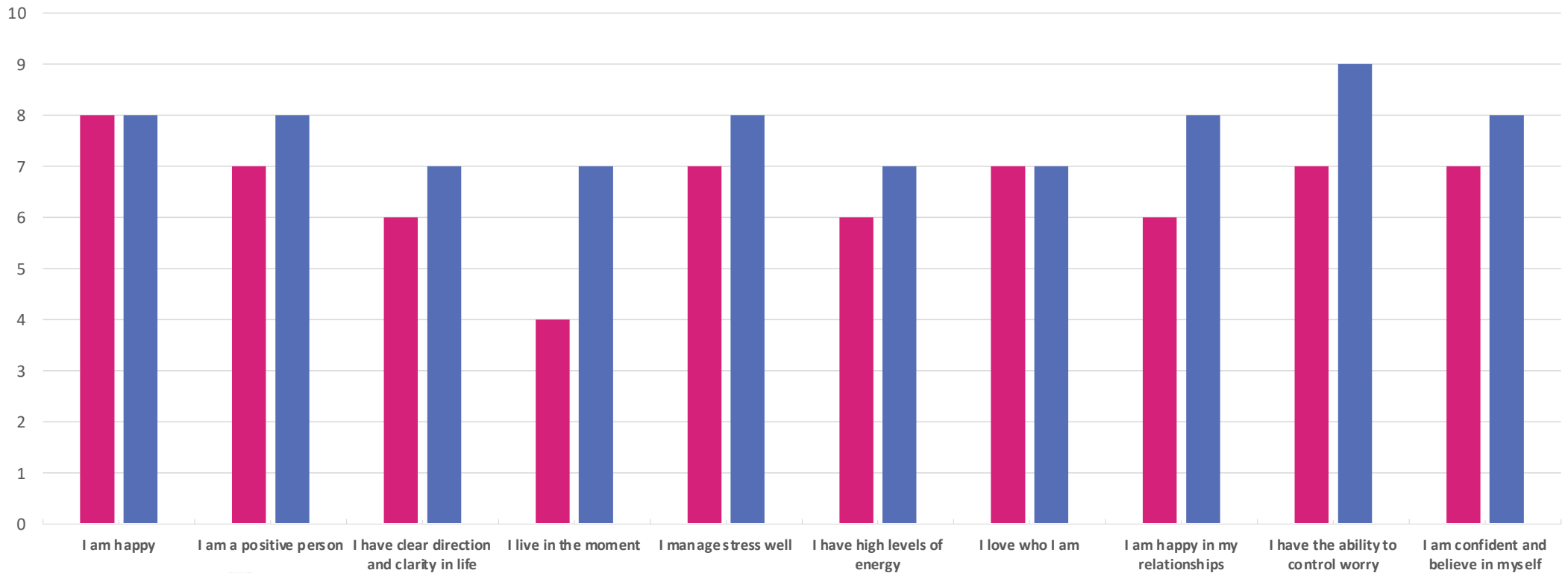
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 8

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



INCREASE OF:



**QUALITY
MINDA**

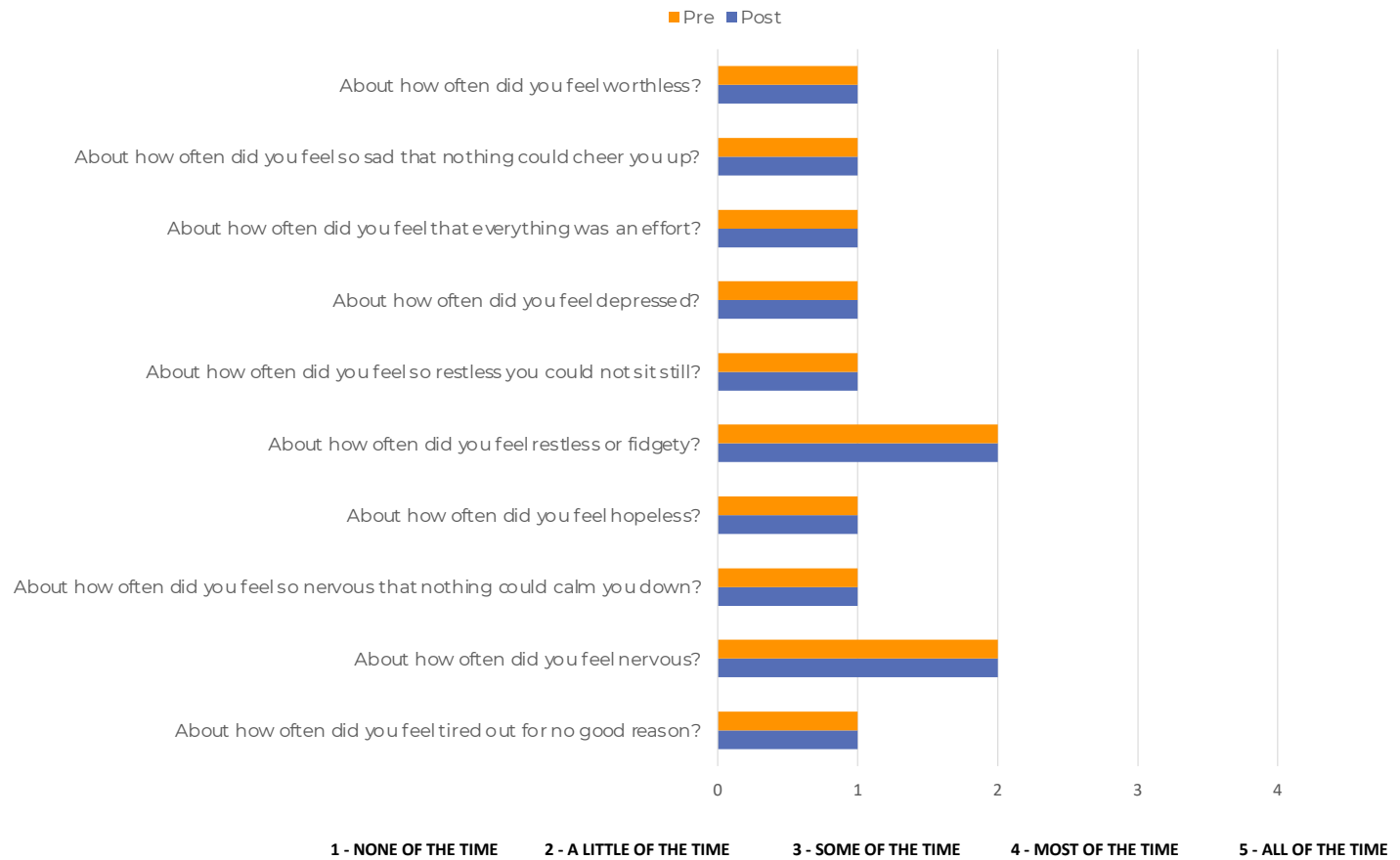
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 8

CREW: 1

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 12

AFTER: K10 SCORE 12

LEVEL OF PSYCHOLOGICAL DISTRESS

LOW ➔ **LOW**

LEVEL DECREASE OF





High-Performance Activation Program

Crew 2



Stage 2: Crew 2 - Individual Survey Assessments

1. Life Scorecard Report
2. Mental Wellbeing Report
3. K10 Participant Report

Presented by Rich Maloney

QUALITY
MINDA

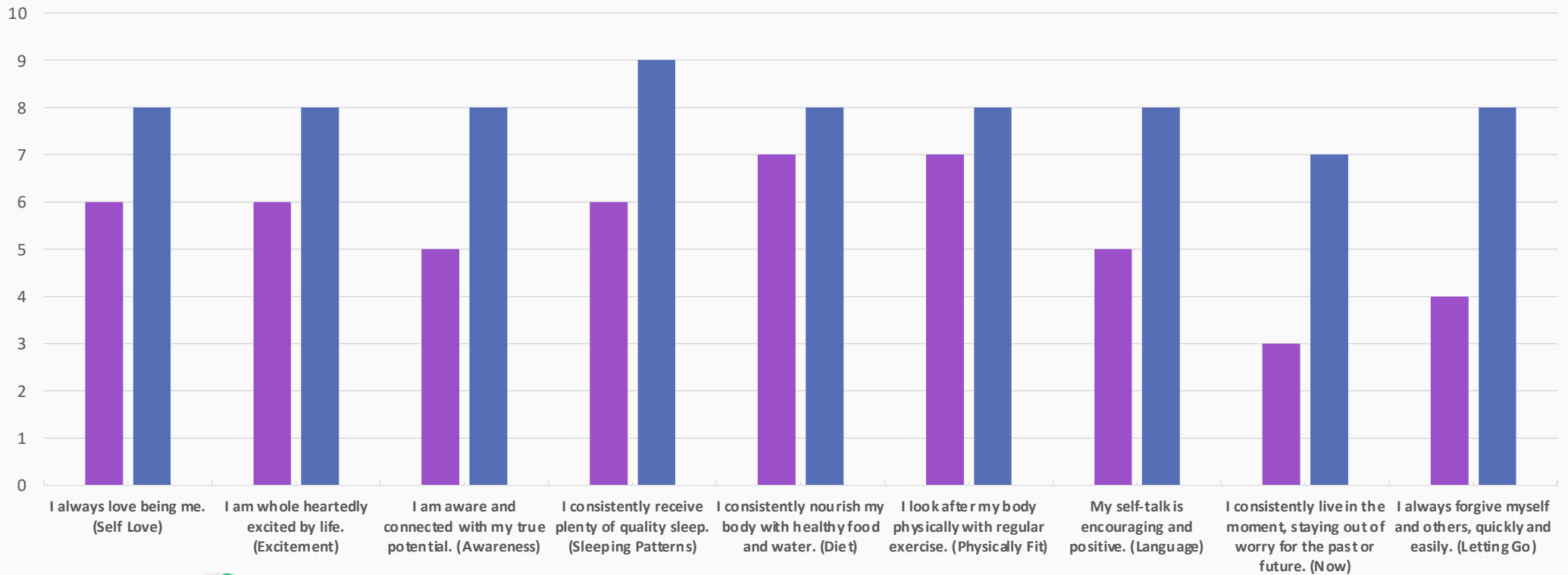
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 1

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:

47%

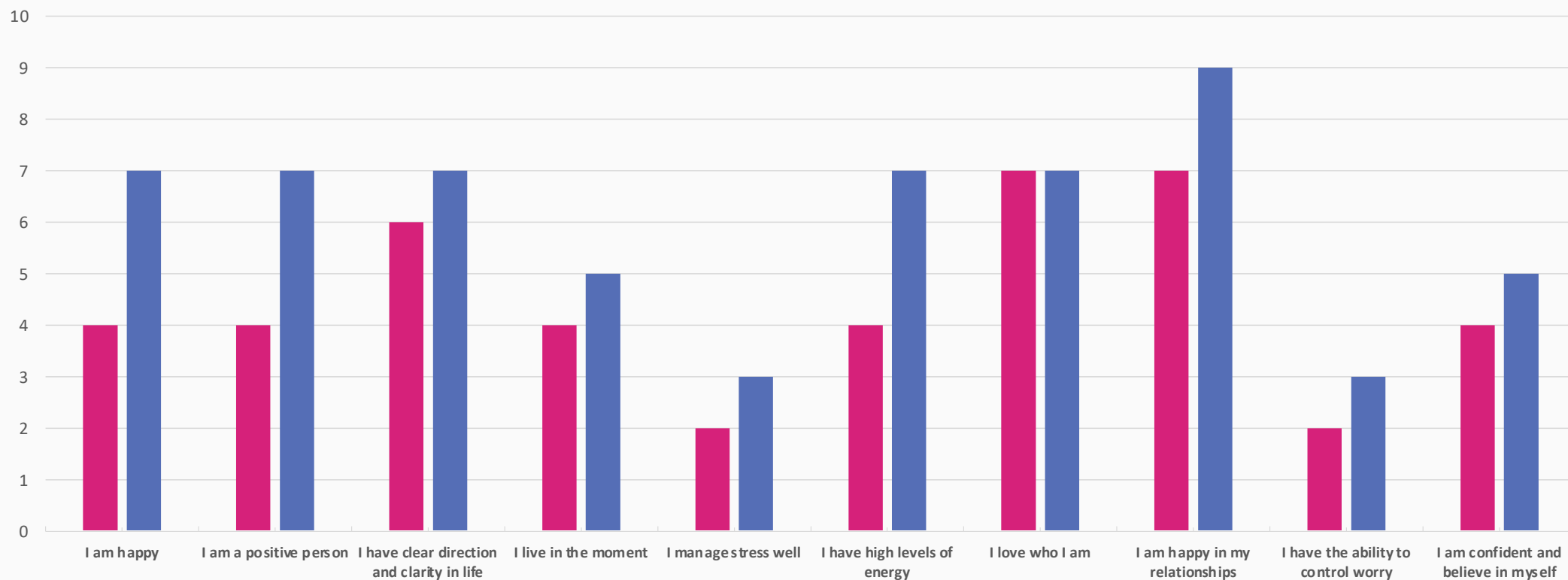
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 1

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:

36%

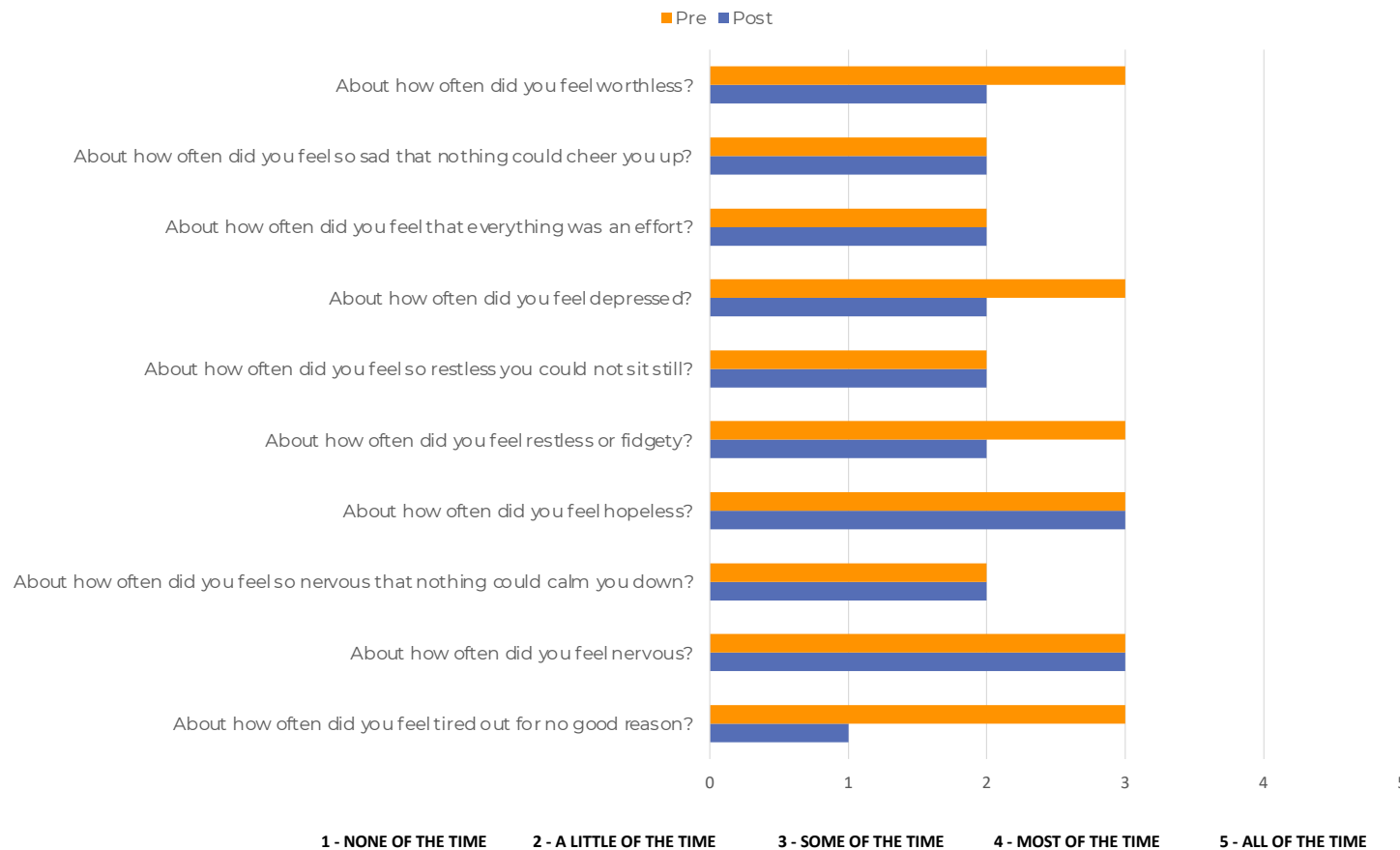
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 1

CREW: 2

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 26

AFTER: K10 SCORE 21

LEVEL OF PSYCHOLOGICAL DISTRESS

HIGH ➔ **MODERATE**

LEVEL DECREASE OF



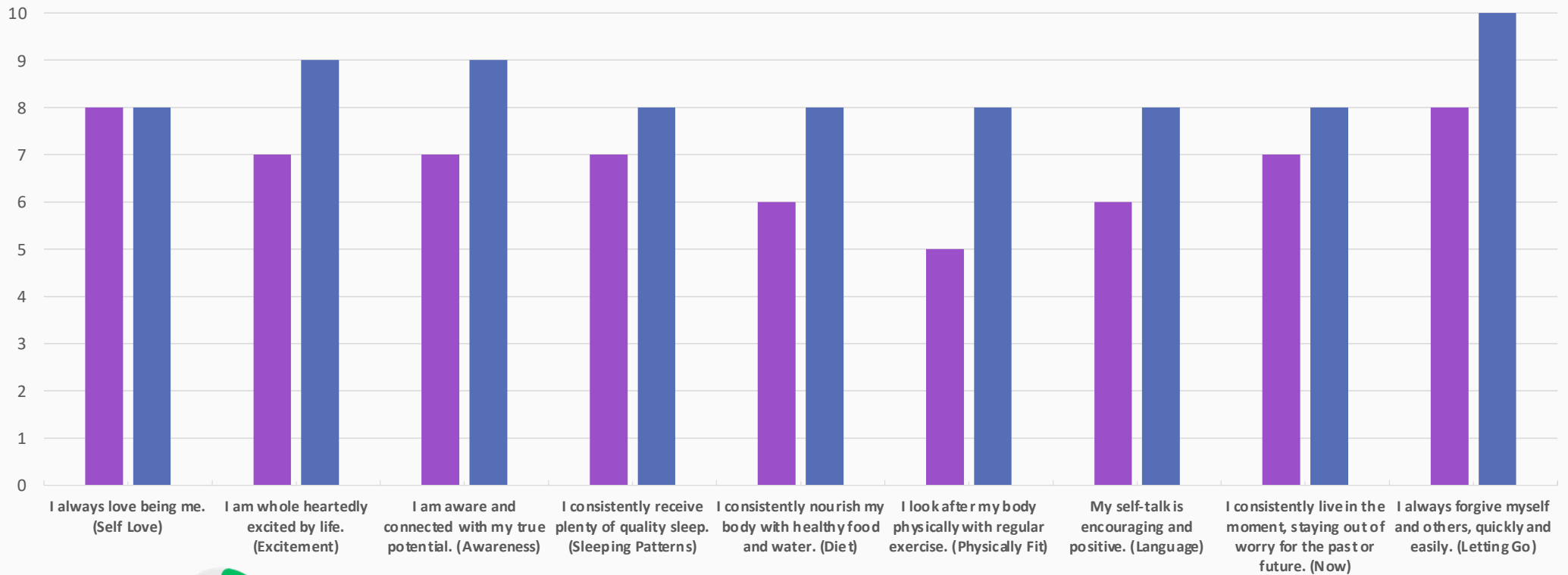
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 2

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:

25%

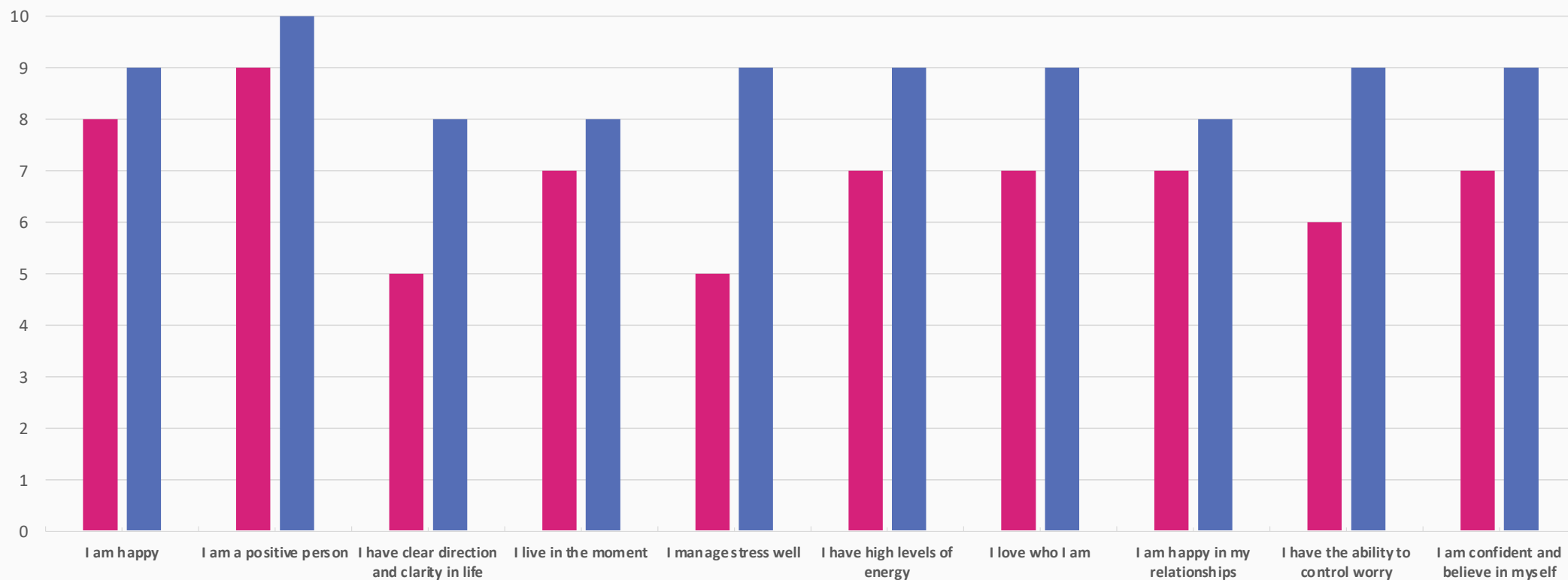
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 2

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



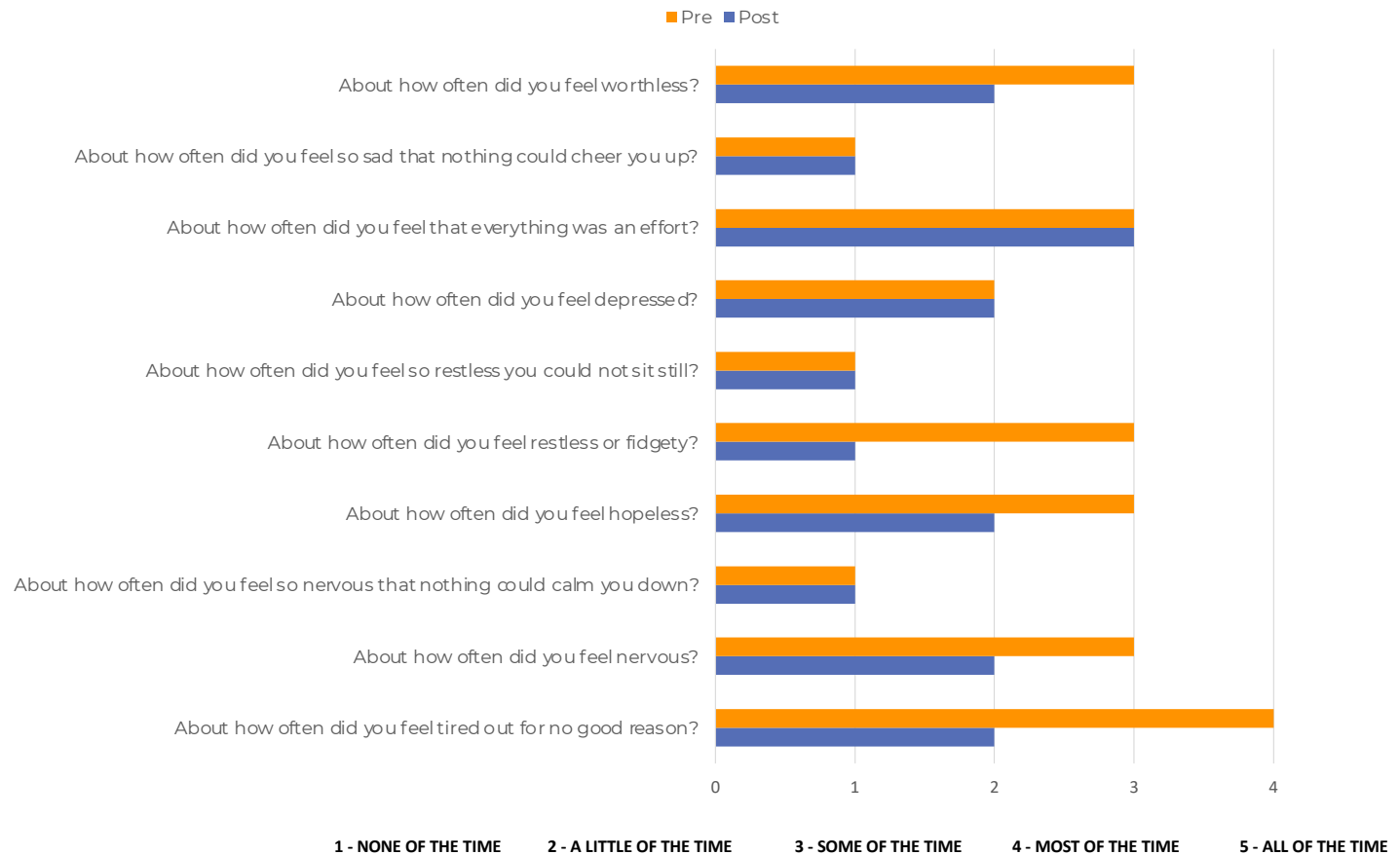
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 2

CREW: 2

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 24

AFTER: K10 SCORE 17

LEVEL OF PSYCHOLOGICAL DISTRESS

HIGH ➔ **MODERATE**

LEVEL DECREASE OF



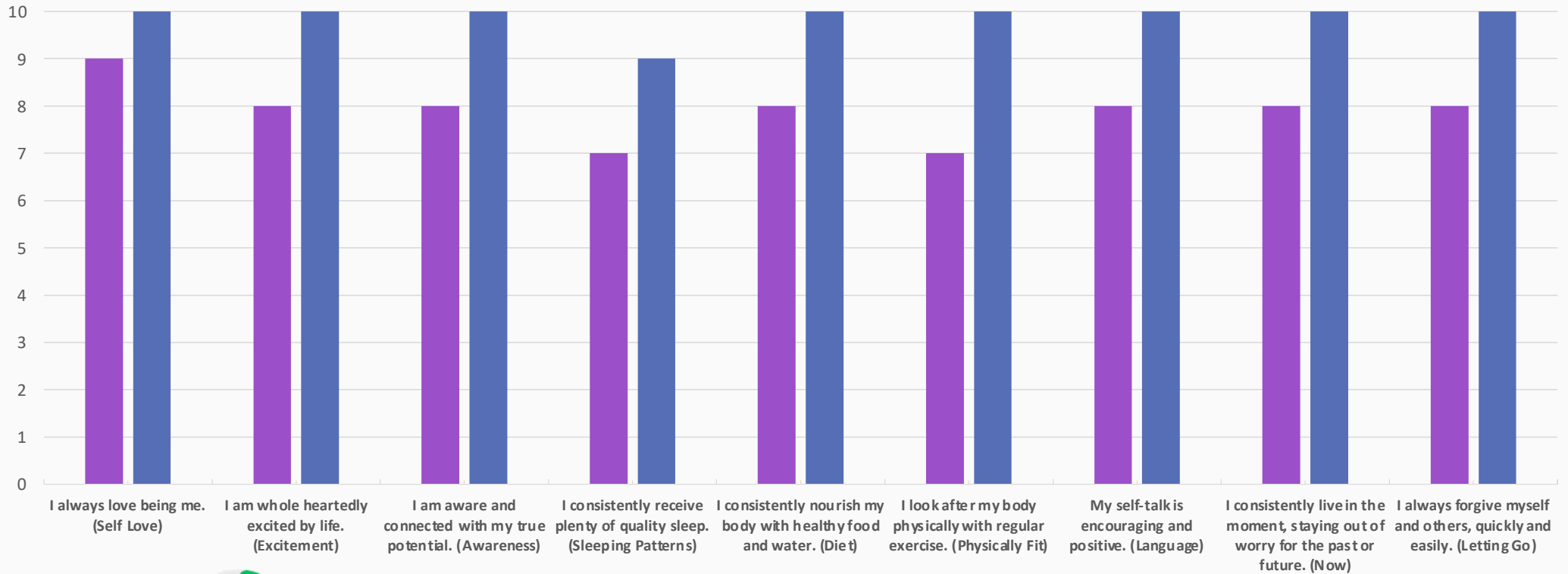
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 3

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



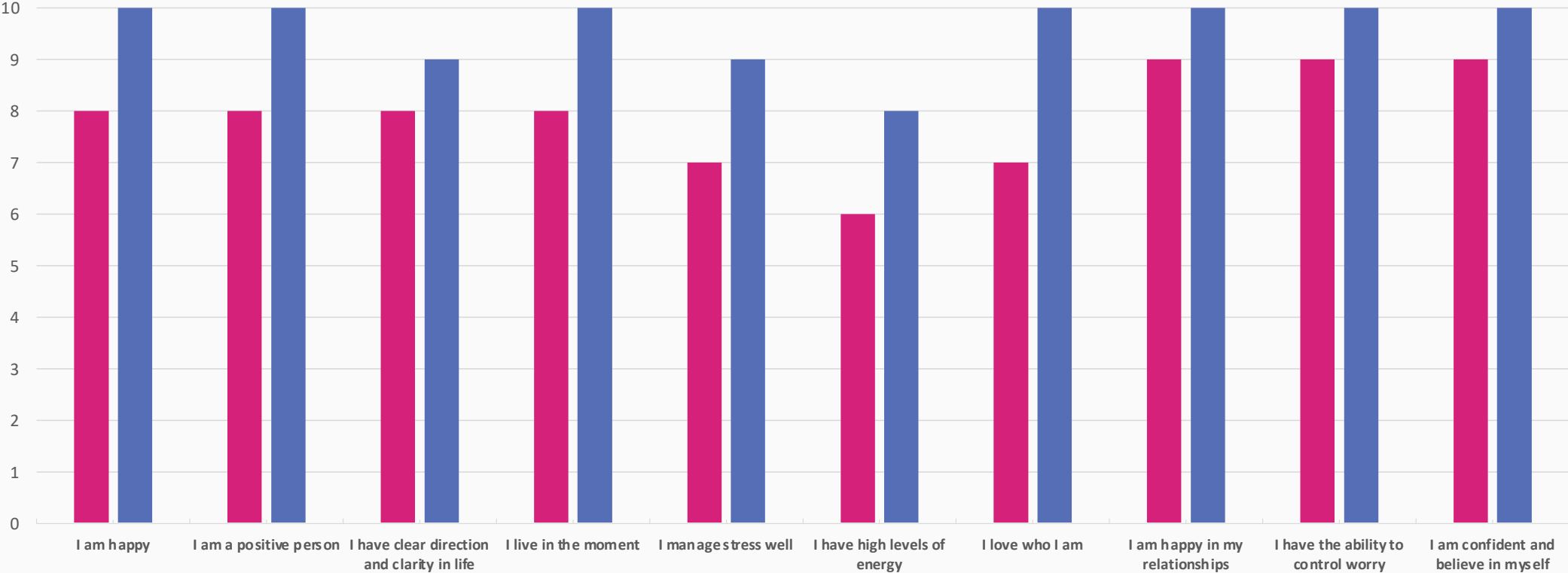
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 3

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



22%

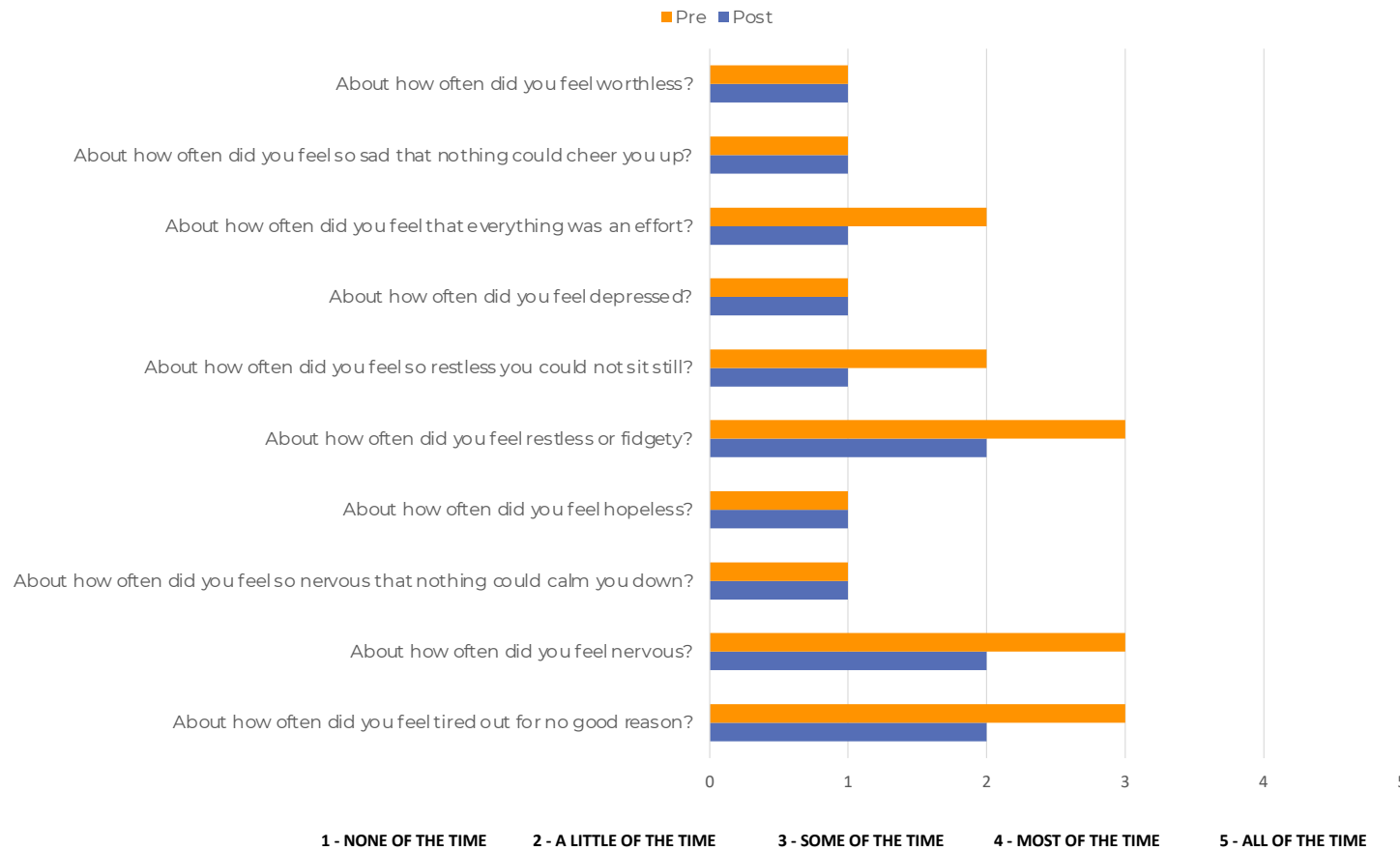
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 3

CREW: 2

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 18

AFTER: K10 SCORE 13

LEVEL OF PSYCHOLOGICAL DISTRESS

MODERATE ➔ **LOW**

LEVEL DECREASE OF



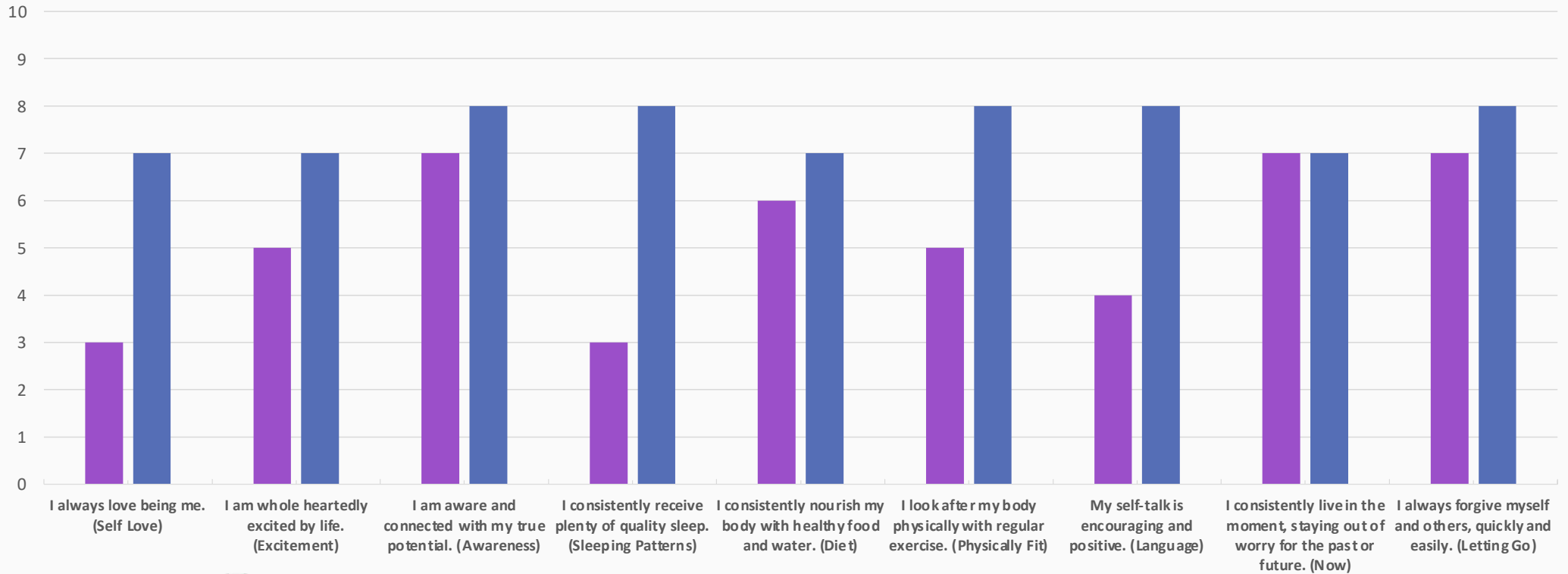
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 4

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



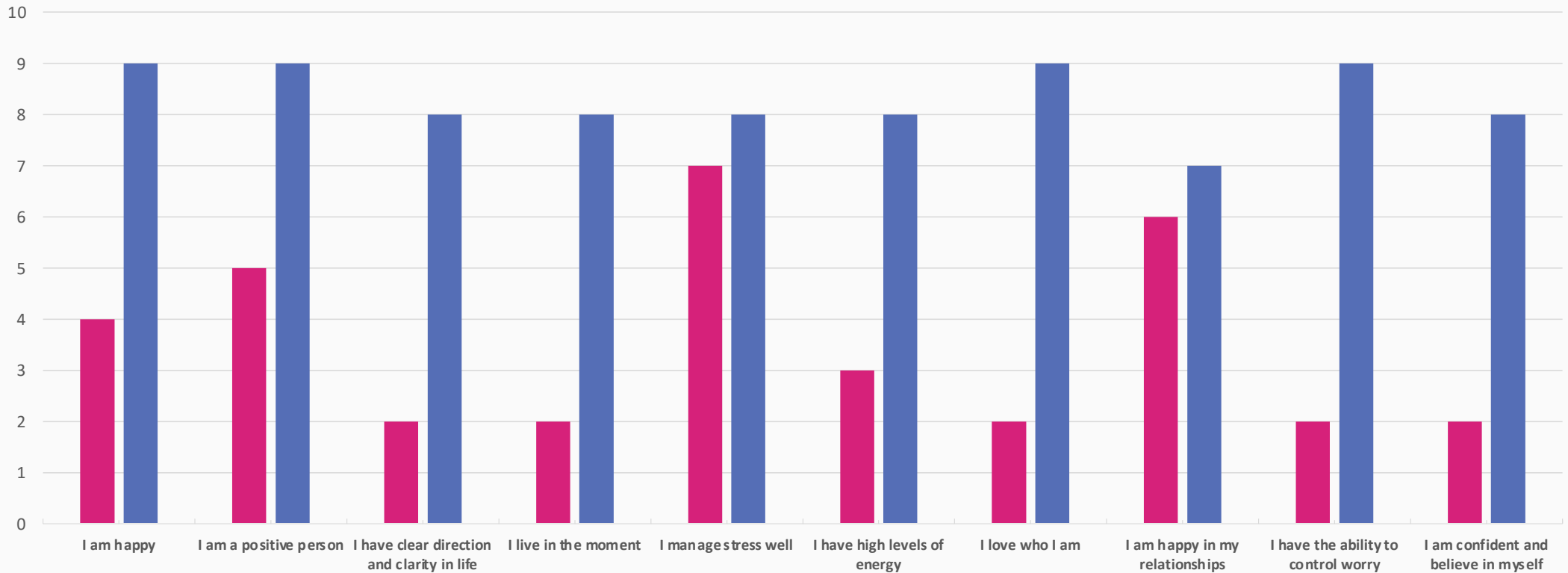
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 4

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



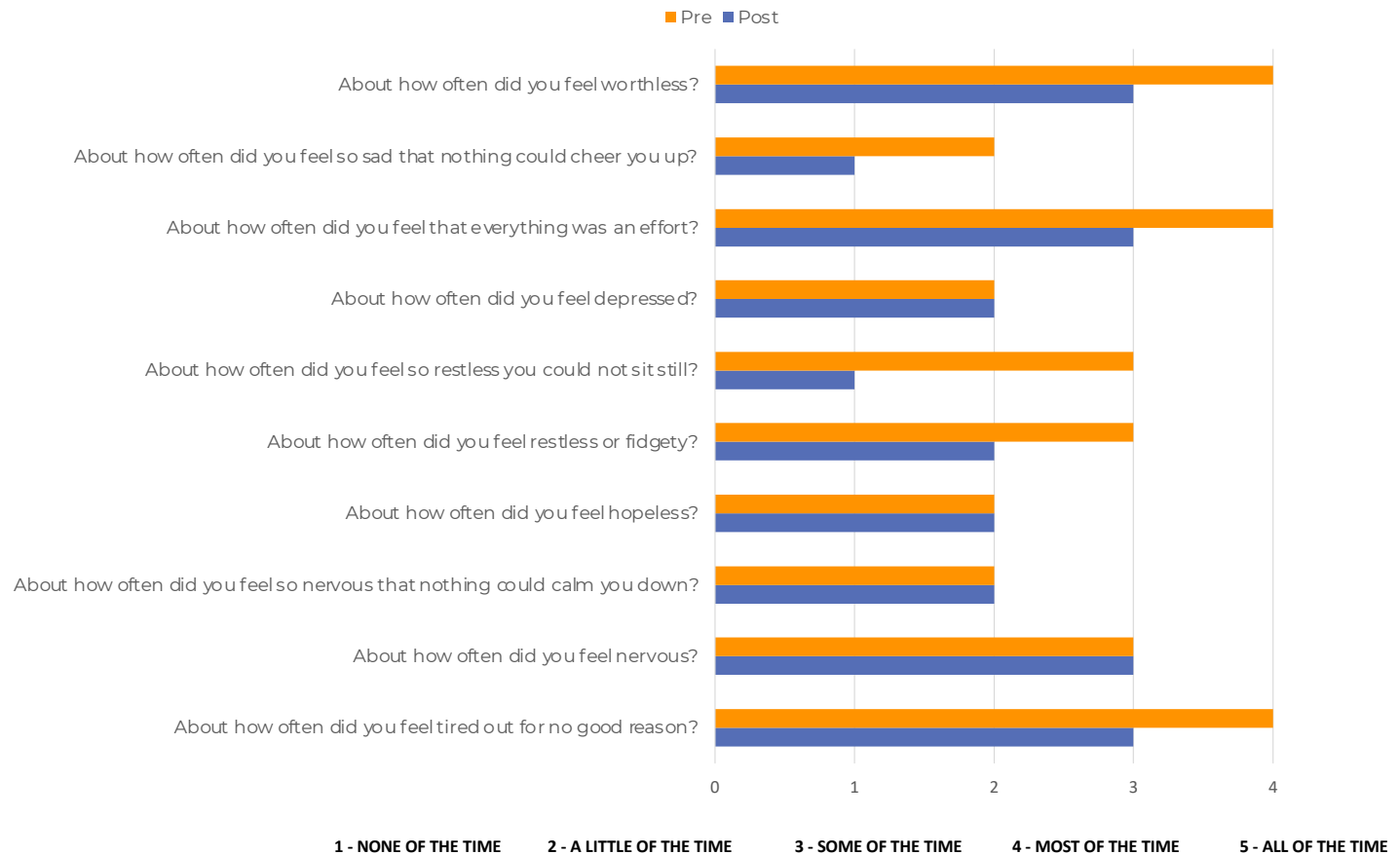
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 4

CREW: 2

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 29

AFTER: K10 SCORE 22

LEVEL OF PSYCHOLOGICAL DISTRESS

HIGH ➔ **HIGH**

LEVEL DECREASE OF



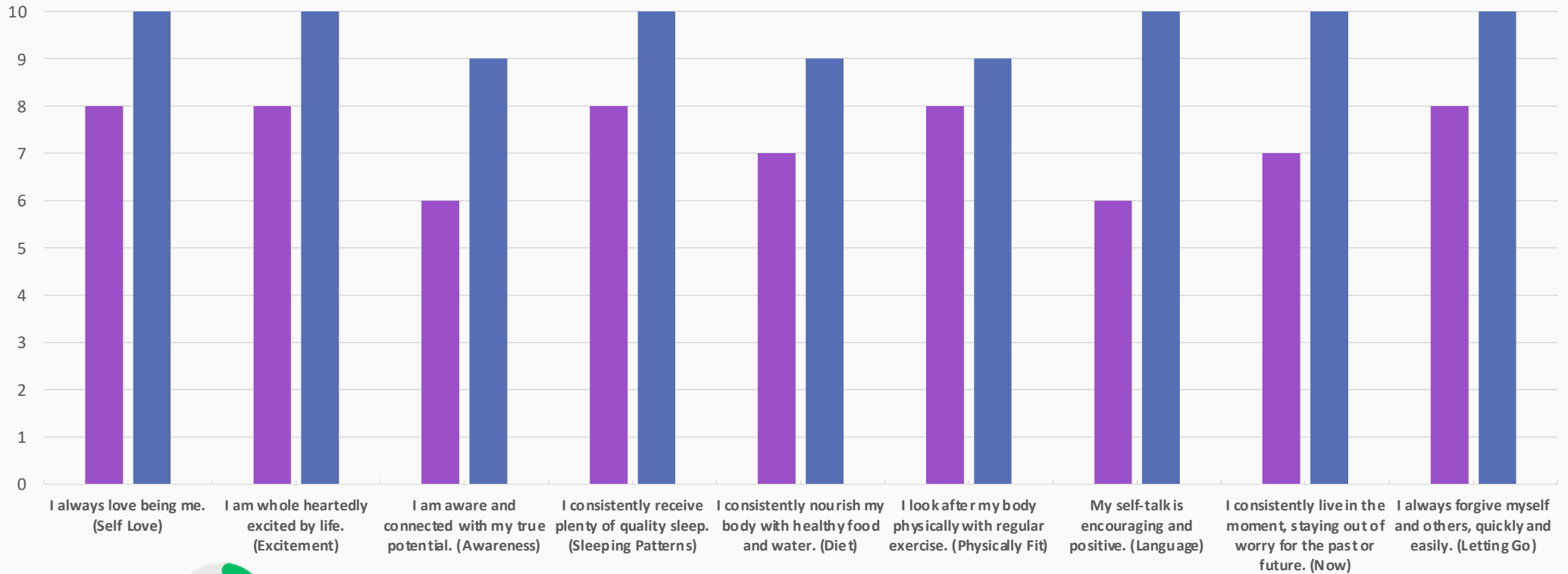
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 5

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



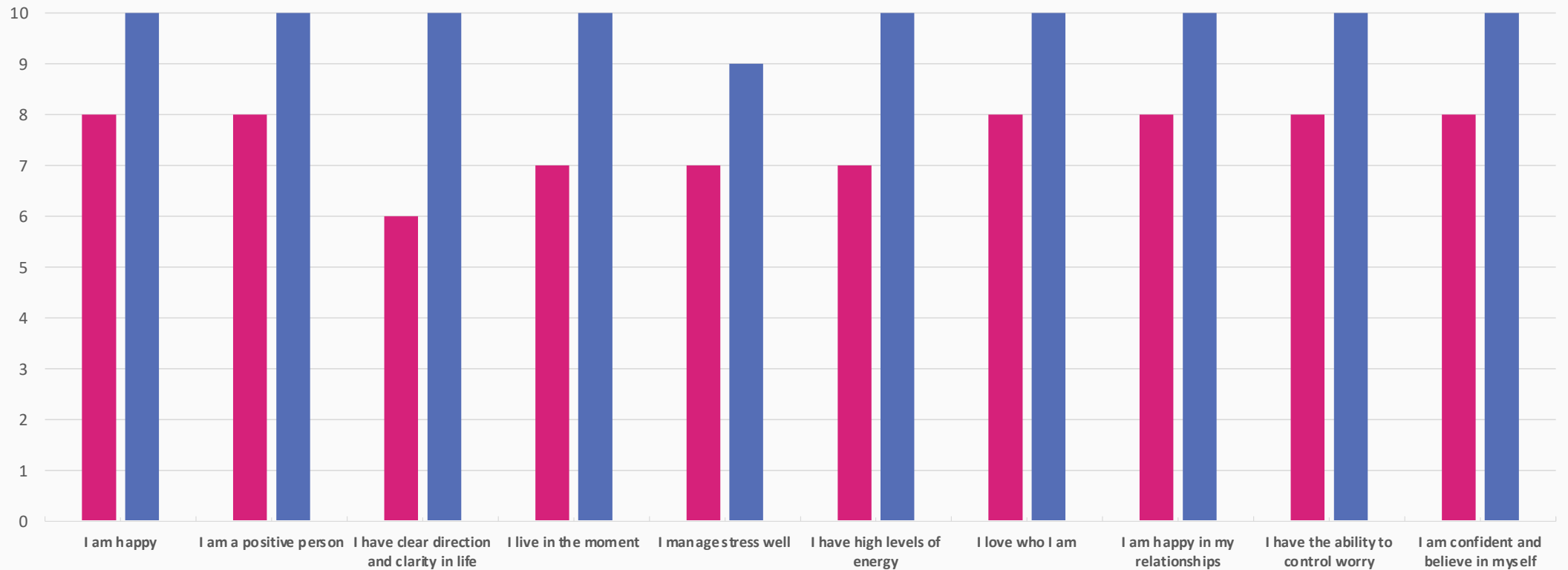
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 5

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:

32%

**QUALITY
MINDA**

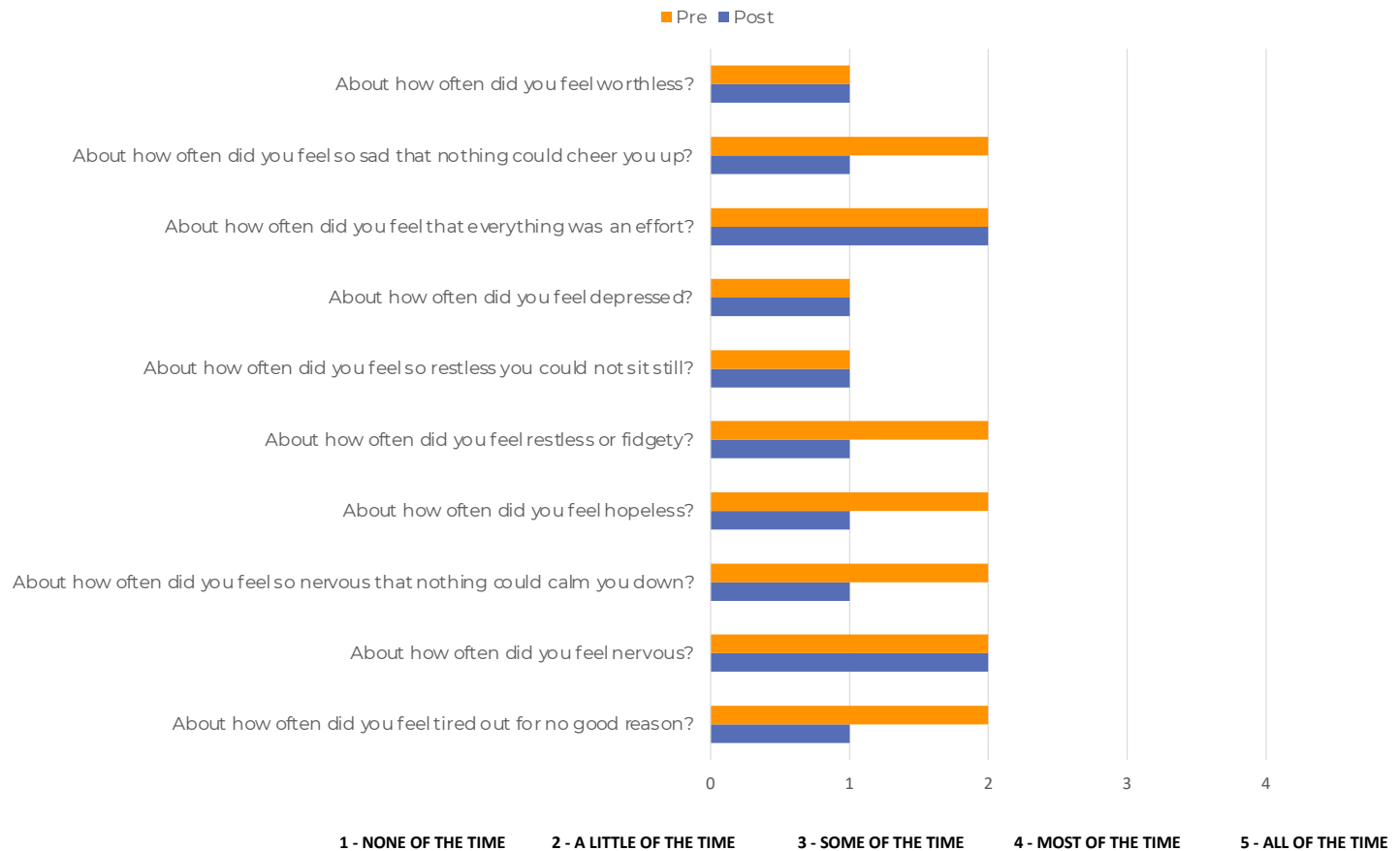
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 5

CREW: 2

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 17

AFTER: K10 SCORE 12

LEVEL OF PSYCHOLOGICAL DISTRESS

MODERATE ➔ **LOW**

LEVEL DECREASE OF



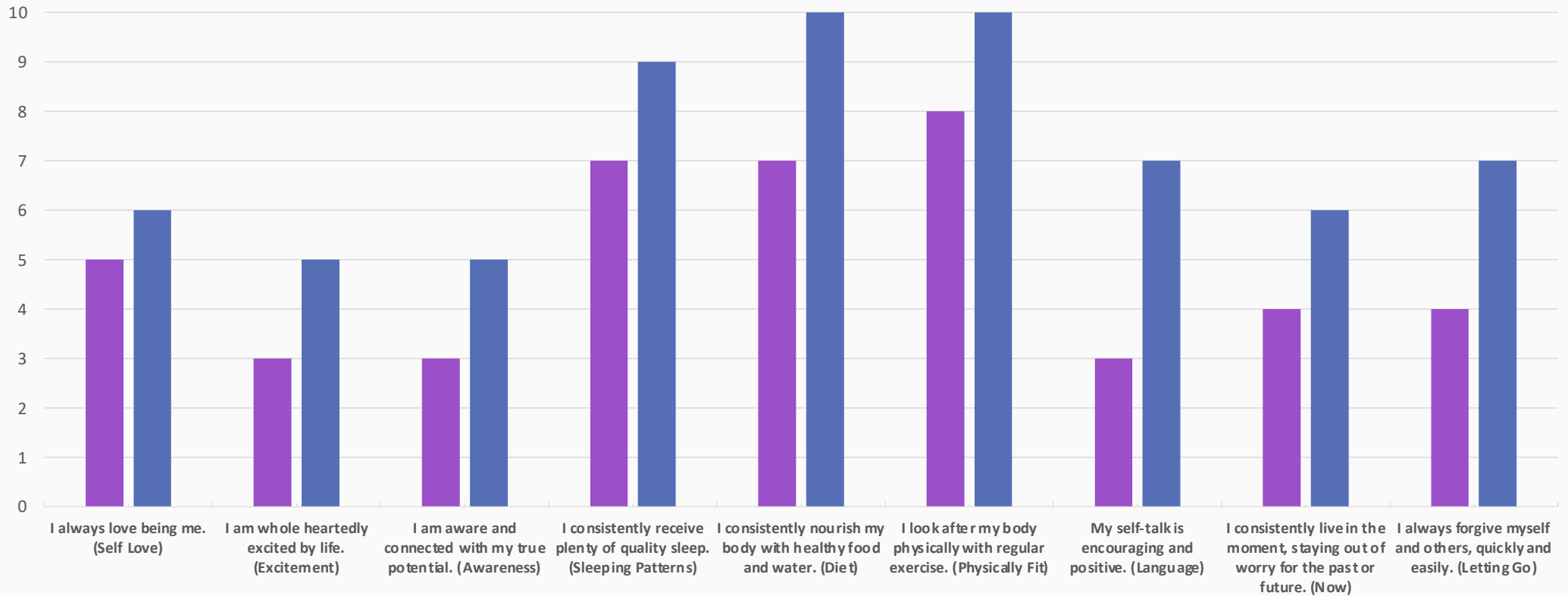
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 6

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:

48%

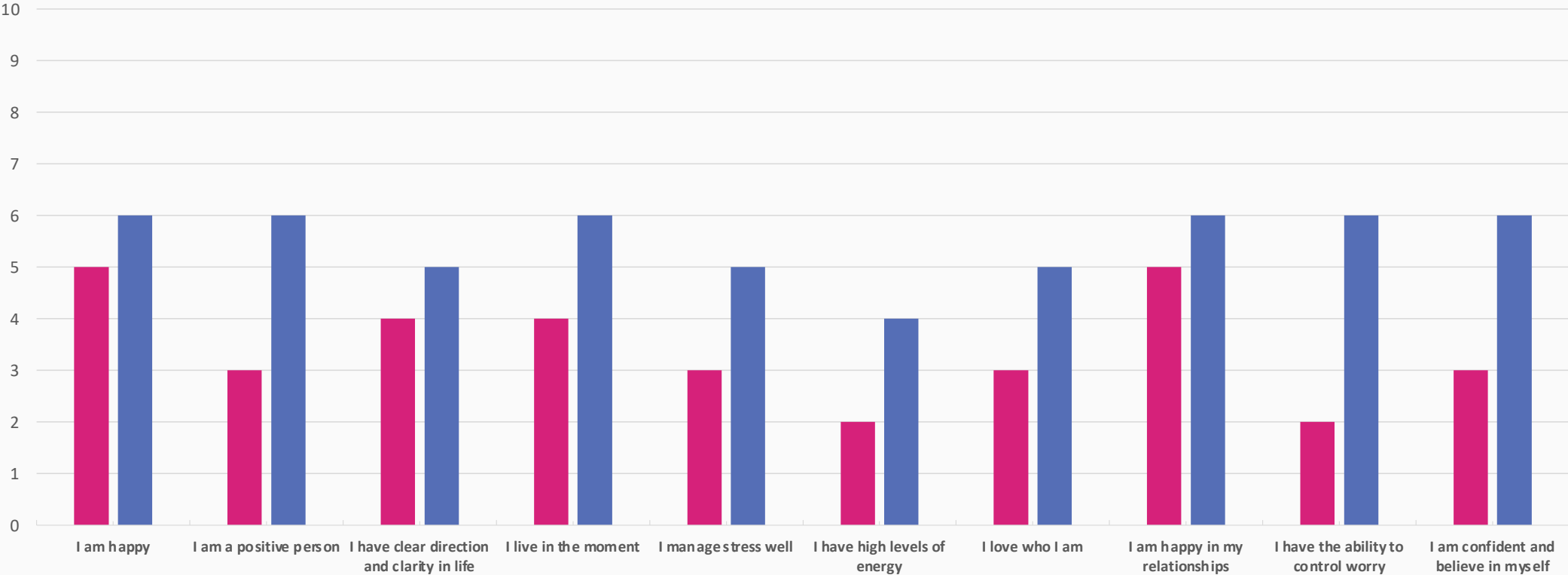
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 6

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



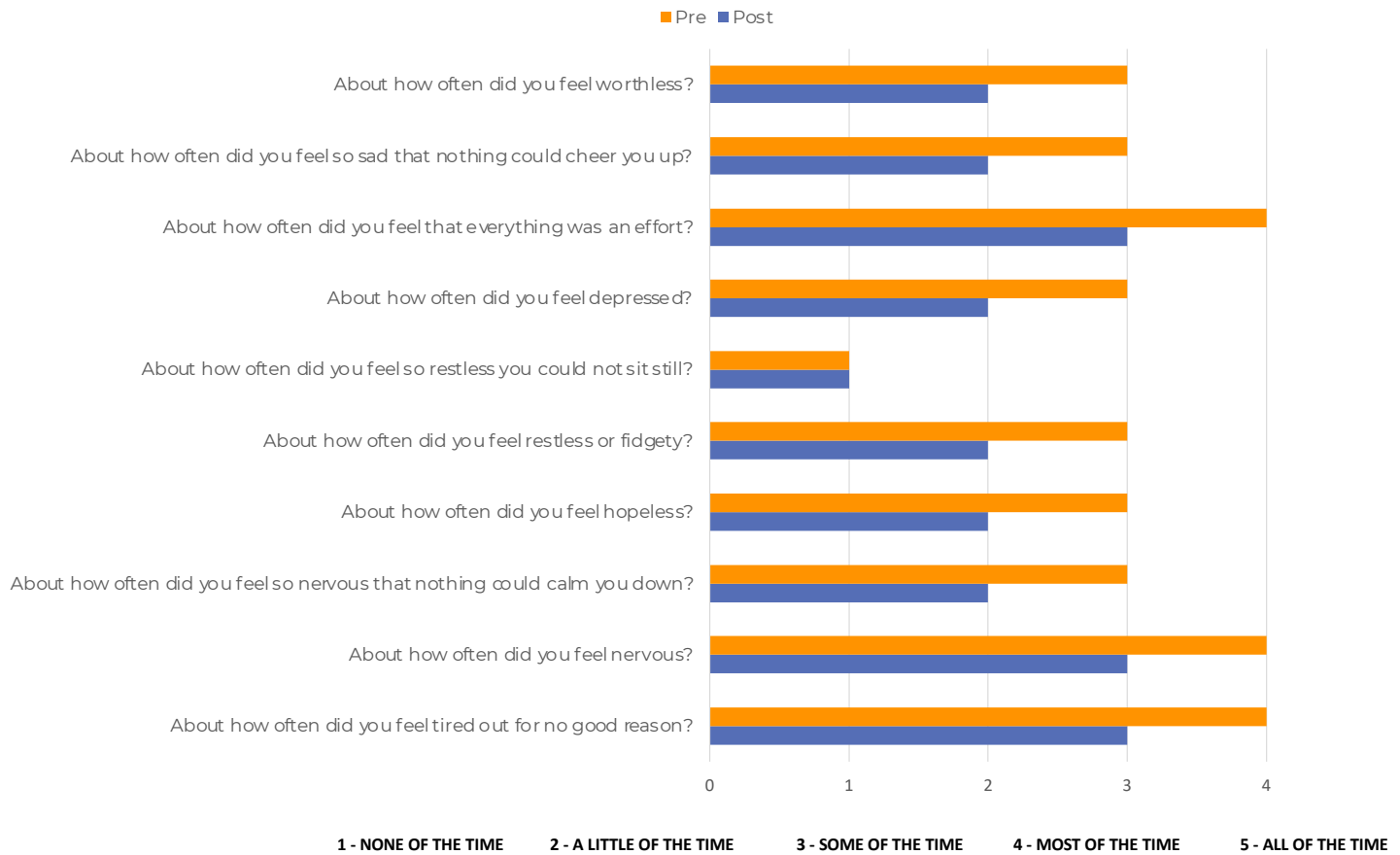
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 6

CREW: 2

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

BEFORE: K10 SCORE 31

AFTER: K10 SCORE 22

LEVEL OF PSYCHOLOGICAL DISTRESS

VERY HIGH ➔ **HIGH**

LEVEL DECREASE OF



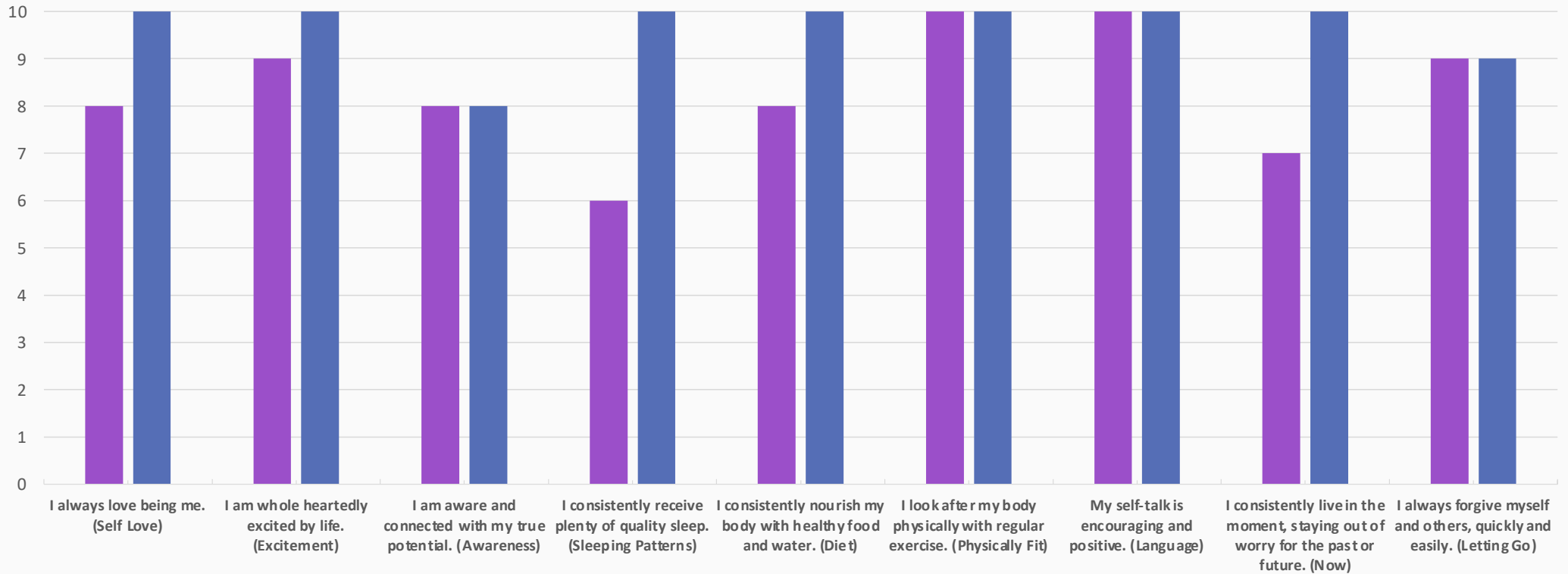
LIFE SCORECARD SURVEY REPORT

NAME: PARTICIPANT 7

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



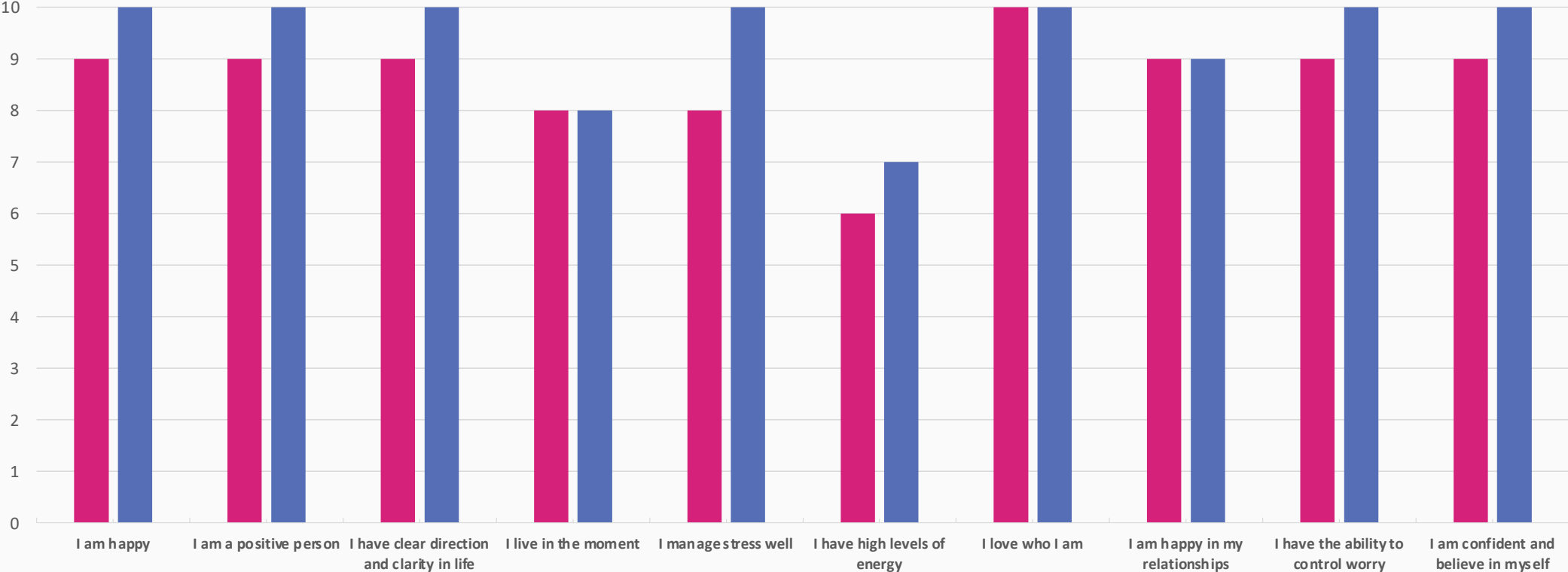
MENTAL WELLBEING SURVEY REPORT

NAME: PARTICIPANT 7

CREW: 2

START : 16TH MAY 2024

FINISH: 01ST AUG 2024



INCREASE OF:



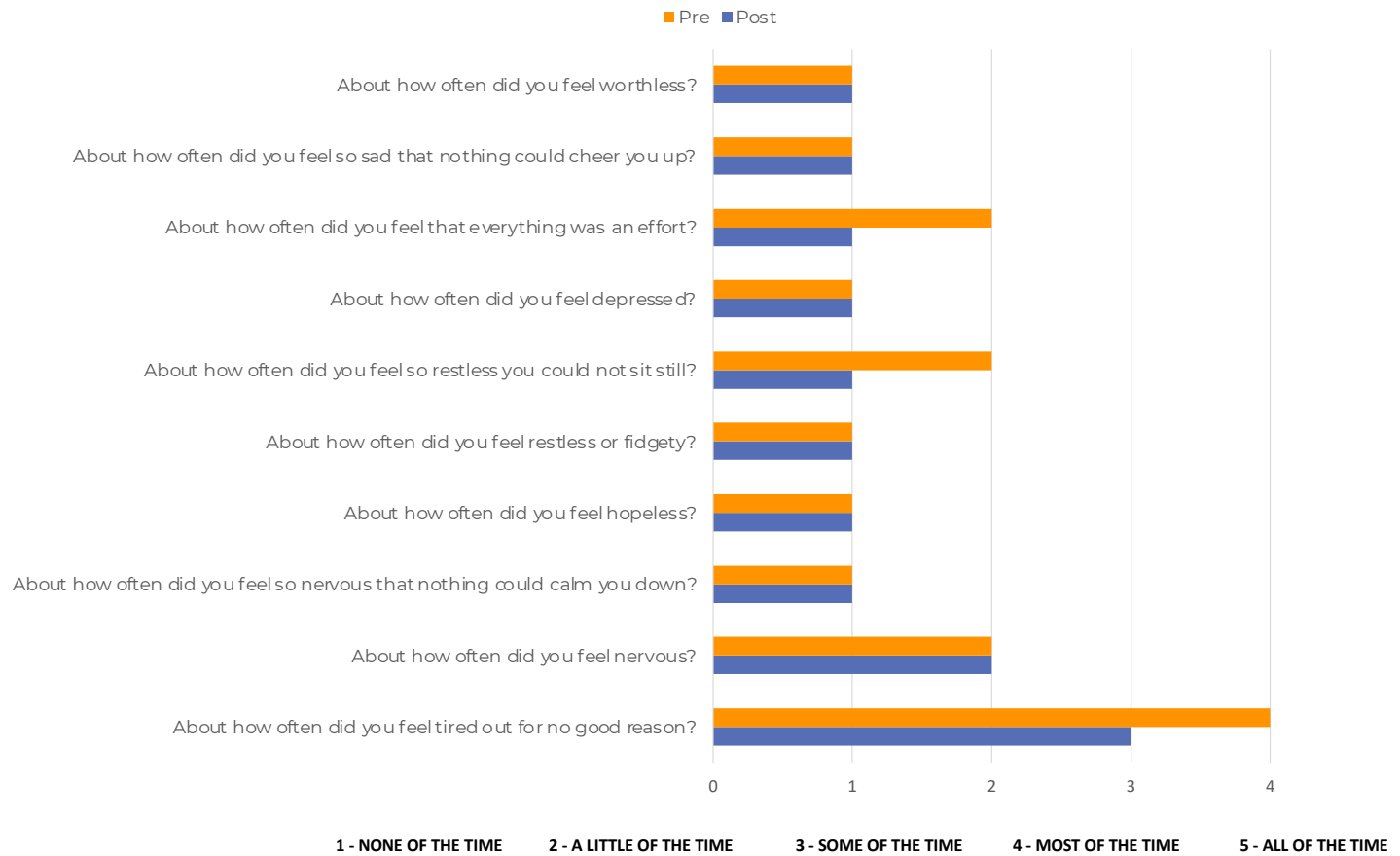
K-10 PSYCHOLOGICAL DISTRESS SURVEY REPORT

NAME: PARTICIPANT 7

CREW: 2

START : 15TH MAY 2024

FINISH: 31ST JULY 2024



K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
30-50	VERY HIGH
22-29	HIGH
16-21	MODERATE
10-15	LOW

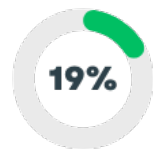
BEFORE: K10 SCORE 16

AFTER: K10 SCORE 13

LEVEL OF PSYCHOLOGICAL DISTRESS

MODERATE → **LOW**

LEVEL DECREASE OF





High-Performance Activation Program

Crew 1 & 2



Stage 4. Individual Program Feedback Summary

1. Individual Personal Growth Feedback
2. Individual Program Experience Feedback
3. Individual Program Testimonial Feedback

Presented by Rich Maloney

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Individual Personal Growth Feedback



CREW 1

What are the three most significant personal improvements you have noticed in yourself with the program?

PARTICIPANT 1

- Significantly increased physical wellbeing activity
- More motivated to prioritise exercise goals
- Be aware of negative and procrastinating thoughts

PARTICIPANT 2

- More able to understand when I am having negative thoughts and to intervene to stop them
- Meditation works and there are times when it will be useful
- Its good to share my feelings more with others

PARTICIPANT 3

- More positive outlook
- Exercising on a more regular basis
- Reflecting first rather than reacting

PARTICIPANT 4

- Ability to reflect on my actions to improve the next time
- Confidence to be authentic and speak up
- Recognise I'm doing a good job and not be so critical

PARTICIPANT 5

- I can better control my worry
- I am more confident in myself
- I have a more structured morning routine with my children

PARTICIPANT 6

- Positive thinking in relation to situations
- Positive self image and belief in myself
- Calmer

PARTICIPANT 7

- Committed to exercise
- Join mediation for the first time ever
- Express my feeling more and open more

PARTICIPANT 8

- Remembering I create my reality
- Approaching life with a lens of possibility
- Know that I can actively change my thinking - if I'm feeling bad, I know what to do to shift it - so empowered

Individual Personal Growth Feedback



CREW 2

What are the three most significant personal improvements you have noticed in yourself with the program?

PARTICIPANT 1

- The formation of habits to set time aside daily for meditation and exercise to support my mental health and wellbeing.
- Improved relationships
- Better understanding of triggers

PARTICIPANT 2

- I can change my thoughts so much quicker than before the program
- I can help others if they are having less than favourable thoughts about themselves
- More motivated to exercise + look after my mind + meditation which I didn't have prior

PARTICIPANT 3

- More resilient and stronger mind
- More energy
- Increased self-awareness

PARTICIPANT 4

- Self Confidence and Self Esteem Growing
- Focus on goals and dreams becoming clearer
- Being able to become totally calm using meditation

PARTICIPANT 5

- Self awareness
- Self reflection/Mirror reflection to understand my emotions, actions and behavior
- Ability to create new habits to strengthen my vibration to attract/bring out positive and motivated vibe/outcomes

PARTICIPANT 6

- Less negative and more positive thinking/self talk
- More aware of limiting beliefs and the impact they have on my life
- Better able to accept and manage fear and stressful events

PARTICIPANT 7

- Slow down & spend time meditating/ breathing
- Focus on visualisation & positive thoughts
- Focus on gratitude

OVERALL EXPERIENCE FEEDBACK



CREW 1

How would you describe your overall experience with the program?

PARTICIPANT 1

- Overall, I got benefit from the program - however some elements were not really for me.

PARTICIPANT 2

- I was skeptical about whether it was right for me after the first session, but I am glad I persevered as the program has helped me to change the way I think about things and made me more able to change outcomes for myself.

PARTICIPANT 3

- It's a great program, the team really want to see you make progress and support you the whole way.

PARTICIPANT 4

- I enjoyed the sessions and interactions but using the app wouldn't be my preferred approach to changing behaviour.

PARTICIPANT 5

- Enlightening!

PARTICIPANT 6

- Really positive. I achieved my goal of self belief and will continue this growth journey.

PARTICIPANT 7

- Very positive and full energy. I used to feel down, shy, withdrawn but now I'm pushing through and break the barrier even my manager see this in me.

PARTICIPANT 8

- Great – and now I want more time and to go deeper.

CREW 2

OVERALL EXPERIENCE FEEDBACK



How would you describe your overall experience with the program?

PARTICIPANT 1

- The program strengthened aspects of strategies I already adopted as well as introduced new strategies that I found very beneficial.

PARTICIPANT 2

- The program was insightful, made me really think about the science around self talk and made me self reflect a lot. Each session I walked away feeling motivated about working on myself and how important it was, not feeling guilty about doing it etc.

PARTICIPANT 3

- Amazing program that has really shifted the way I think and help others to think.

PARTICIPANT 4

- Life Changing.

PARTICIPANT 5

- Exceptional as it has provided the tools that I have been searching for a long time to improve myself, my relationship with my spouse, my kids and my life.

PARTICIPANT 6

- The program exceeded my expectations in terms of the relevance of the material for me personally, and the positive impacts it has had. Rich is an inspiring guy and a great facilitator. The group dynamic was excellent. Unlike a lot of these types of programs, I am quite confident that many of the new understandings and habits I've formed will stay with me forever.

PARTICIPANT 7

- Loved it.. was looking for 1-2% takeaways but got a whole lot more and understood the science behind a positive mindset.

PARTICIPANT TESTIMONIALS

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"It's a great program to make you stop and reflect. The team really want to see you make progress and support you the whole way."

"If you come with an open and curious mind, you will be able to take the material from this course and shift your thinking. The benefits are there to be gained even if this course seems out of your usual ways of thinking, if you give it ago, you grow."

"Being given the opportunity to participate on this program was such a privilege. I went in with an open mind and by the time the first session finished, I was ready to jump in, participate and go with the program as I knew after that first session I would get so many benefits from it. Seeing how science behind how everything is intertwined in your mind and how changes are made was fascinating, being able to have the time to reflect on myself was invaluable. I would highly recommend this to anyone who wants to change their self talk and their mindset."

"The program provided tools that you can rely on and utilise anytime, anywhere and any situation to uplift your attitude, your mood and your beliefs. You will become a better version of yourself at the end of the program. Thank you, Coach Rich!"

"An amazing program which through the power of repetition and heightened awareness of the mind along with easily accessible tools, has caused highly impactful habits to develop a quality mind."

"When I came into this program , I confess I was skeptical about its ability to retrench lifelong habits and behaviours to enable me to reach my personal development goals. However, by engaging totally and leaving the skepticism at the door and with a very supportive group, the results I achieved have been nothing short of life-changing. I am no longer worried about past issues, no longer anxious about saying the wrong thing or being tongue tied. Thanks to Rich and Nic for helping to uncover what was already there but buried under a lifetime of child mind behaviours."

"The biggest takeaway for me was around personal growth and stopping the negative self-talk."

"I'm hearing impaired. Before join the program, I was very withdrawn, shy, give up and I was living with "deaf and dumb" in the past. Since I join the program, they teach me how to break it through, be more confident, don't let anyone stop you and express myself better. After 12 weeks, I became better person, and I've reached my goal by stepping up my job role because I believe in myself, and none can stop me especially that I'm hearing impaired to achieve my goal."

"I consider myself a work in progress. My goal on first applying to participate was to reduce the effects of longstanding anxieties and depression through an alternate avenue - to assist in quality of life and to become a better father, husband, grandparent brother & son etc. This goal was quickly overtaken by more immediate and concerning personal news which became my focus and a revised short-term goal. While overall I feel I have improved somewhat anxiety and stress require ongoing attention on my part and I hope to continue to use the tools provided by this program to provide that support."

Assessment of Individual Goal Achievement Report

CREWS 1 & 2

Did you achieve the three goals you set at the beginning of the program?



100% Answered Yes

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