

POST PROGRAM REPORT | AUGUST 2024

AUSTRALIAN HEALTH INSURANCE COMPANY

HIGH PERFORMANCE ACTIVATION PROGRAM

41%

increase in
Life Scorecard

42%

increase in
Mental Wellbeing

22%

decrease in
K10 distress

100%

achieved the goals
they set

Presented by Rich Maloney

Quality Mind AI | qualitymind.ai

HOW WE ACHIEVED THESE RESULTS

A blended 12 week program. One live hour a week builds awareness. The app and the support group turn that awareness into daily repetition, which is where the change happens.

01 LIVE AWARENESS EDUCATION
1 hour a week | Live in Microsoft Teams with Rich Maloney

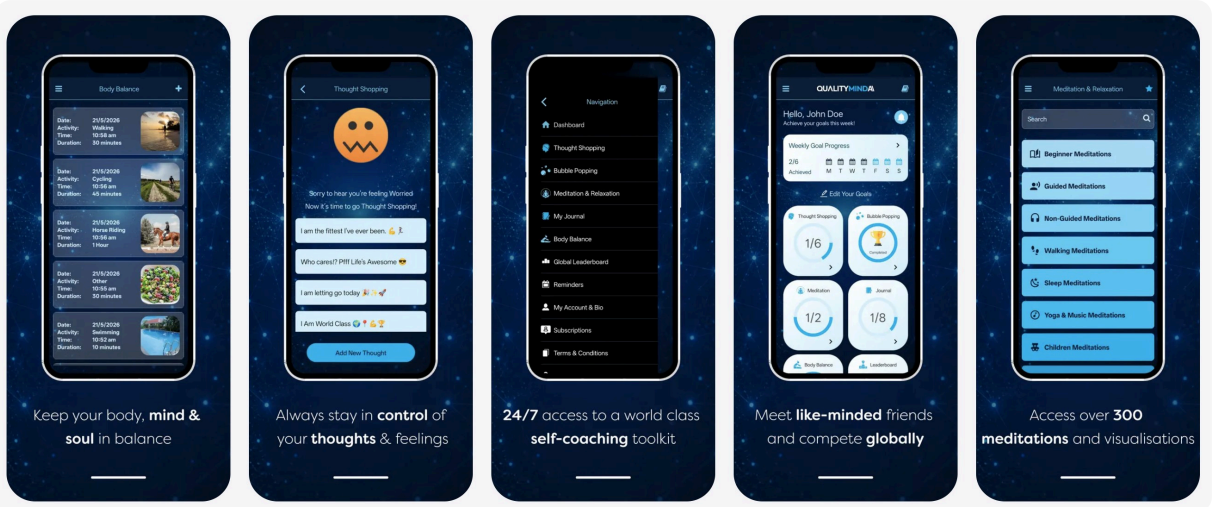
Each week the crew learns how the mind forms thoughts, habits and stress responses, and the tool to practise that week.

02 QUALITY MIND AI APP
Daily | On each participant's mobile phone

Short daily practices that repeat the week's learning until it becomes automatic. Progress is tracked against personal goals.

03 CHAT SUPPORT GROUP
Ongoing | Private group chat for each crew

Encouragement, accountability and coaching between sessions, so no one practises alone.



Thought Shopping
Swap an unhelpful thought for a chosen one, in the moment

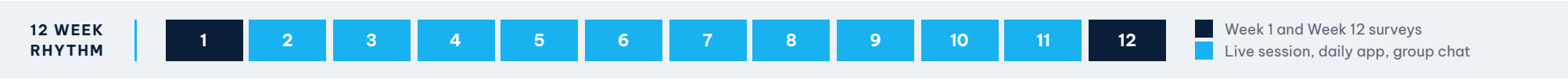
My Journal
Daily reflection that locks in what was learned

Bubble Popping
A quick reset that interrupts worry and rumination

Body Balance
Logs movement, sleep and nutrition habits

Meditation and Relaxation
Over 300 guided meditations and visualisations

Goals and Leaderboard
Weekly goal tracking and friendly competition



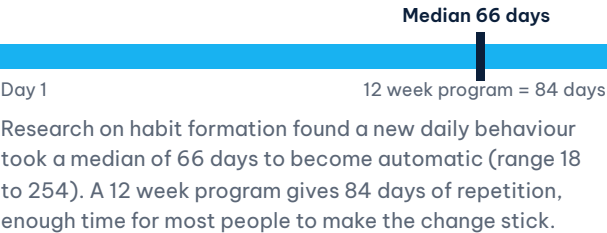
THE SCIENCE BEHIND QUALITY MIND AI

Neuro Repetition is the methodology Rich Maloney has developed over 27 years, from elite sport coaching in 1999 to workplace programs today. It rests on one principle: **the brain changes through repetition, not insight alone.**

“Neurons that fire together, wire together.”

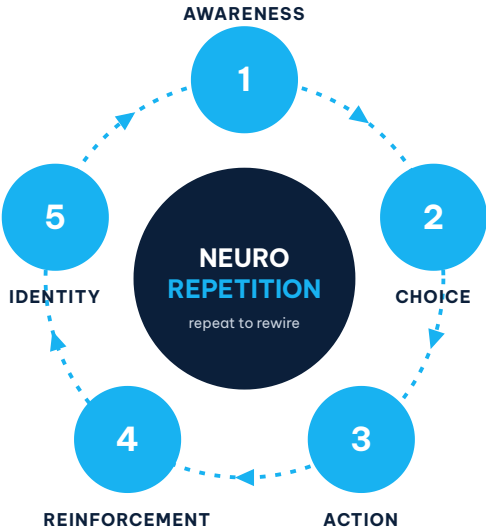
Each time a thought or behaviour is repeated, the neural pathway behind it strengthens. Unused pathways weaken. This is neuroplasticity, and it is why a talk on its own rarely changes behaviour, while daily practice does.

WHY 12 WEEKS



DRAWS ON 15 MODALITIES, INCLUDING

- Neuroscience
- Cognitive behavioural techniques
- Positive psychology
- Attention training
- Somatic awareness
- HeartMath coherence
- Guided meditation and visualisation
- Neuro linguistic programming
- Hypnotherapy
- Frequency based music
- Ancient philosophy



THE FIVE STEP LOOP | WHERE IT HAPPENS

- 1 Awareness**
Notice the thought, feeling or habit as it happens

Weekly live session
- 2 Choice**
Choose a more useful response

Thought Shopping
- 3 Action**
Practise the new response in daily life

Daily app practice
- 4 Reinforcement**
Repeat it until the pathway strengthens

Meditations, journal, reminders, group
- 5 Identity**
The new response becomes who you are

Lasting habits

Sources: Hebb, D. O. (1949) The Organization of Behavior. Lally, P. et al. (2010) How are habits formed: modelling habit formation in the real world, European Journal of Social Psychology. Quality Mind AI is a coaching and mentoring program. It is not a clinical or psychological service and works alongside existing EAP and clinical support.

REPORT CONTENTS

A 12 week program delivered to fifteen team members of an Australian health insurance company across two crews, measured at Week 1 and Week 12 against KPIs agreed with the client.

15

PARTICIPANTS

2

CREWS

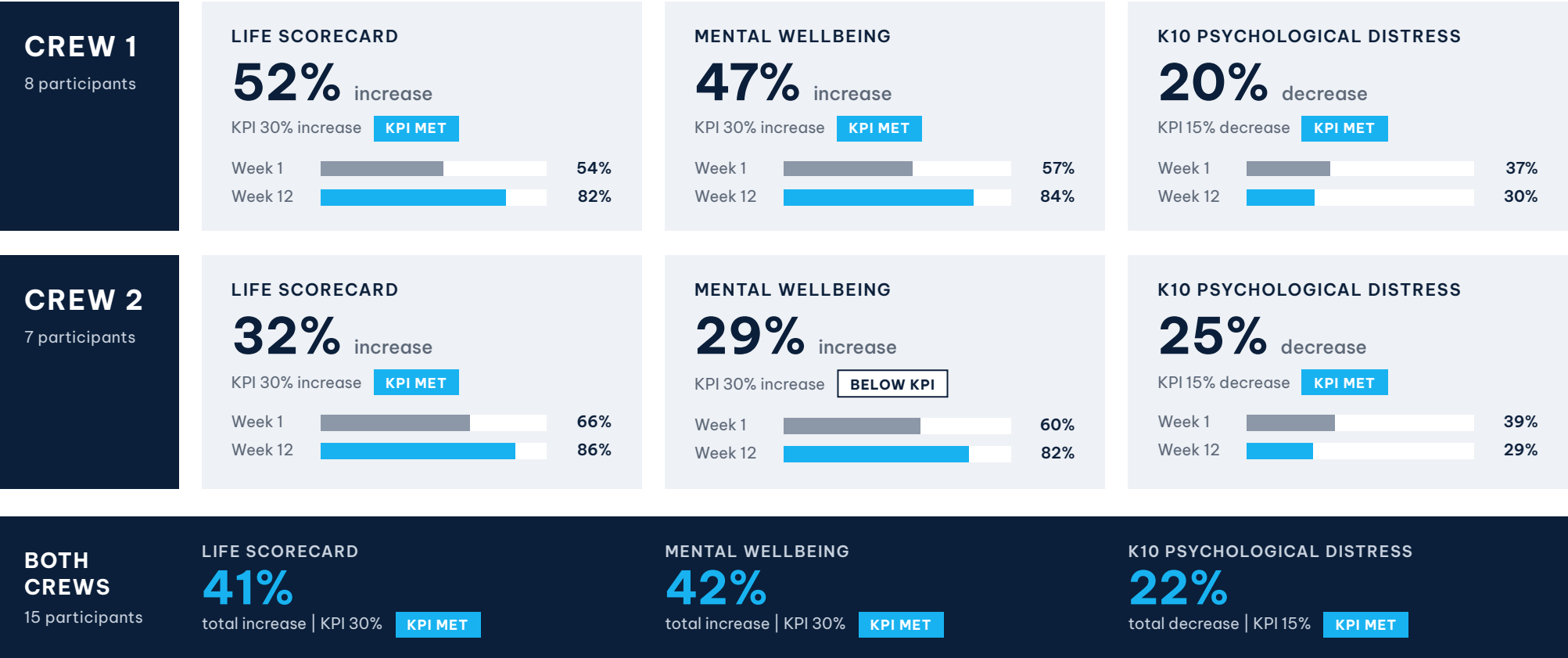
12

WEEKS

01	How we achieved these results Live education, the app and the support group	02
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CLIENT KPI REPORT

Crew averages at Week 1 and Week 12, shown as a percentage of the maximum score, against the KPIs agreed with the client. For K10, a lower score means less psychological distress.



HOW TO READ THIS PAGE

Week 1 Crew average score at the start, as a % of the maximum possible score

Week 12 Crew average score at the end of the program, on the same basis

KPI MET

The change reached the target agreed with the client before the program

↓

K10 measures distress, so a decrease is the improvement

GOALS AND ACHIEVEMENT

At the start of the program each participant set three mind and life improvements they hoped to achieve.

CREW 1

- 1 Remove distractions | Increase fitness and wellbeing | Control self criticism
- 2 Less self doubt | Renewed purpose | Clarity of thoughts
- 3 Clearer direction | Happiness | More energy, positive outlook
- 4 Confidently represent the value I deliver for the organisation | Greater focus at work to improve my work/life balance | Increased energy for activities outside of work
- 5 Be a better version of myself | Increased confidence | Reduced stress
- 6 Positive mindset | Self belief | Energy levels
- 7 Built confidence | Don't be afraid to speak up | Take a break if overwhelmed
- 8 Reduce anxiety | Lose weight | Get over making mistakes quickly without dwelling

100%

of participants in both crews answered yes to: **Did you achieve the three goals you set at the beginning of the program?**

CREW 2

- 1 Improve anxiety response (health, general) | Improve relationships | Increase motivation
- 2 More clarity overall with life and work | A more improved work/life balance | Finding happiness in my work life
- 3 More focus, less distraction | Evening energy | Thinking ahead more
- 4 Improved confidence and communication | Reduced procrastination | Revived imagination
- 5 Better leadership and corporate success | Reduced stress | Improved health and happiness
- 6 Spend less time and energy worrying | Greater ability to be in the moment and enjoy myself | Have a more positive view of myself
- 7 Find even more energy to keep growing | Better relationship with kids and wife | Improve mindfulness and connection with body

ABOUT THE MEASURES

Each participant completed three assessments at Week 1 and again at Week 12. Individual pages show every item, with the Week 1 score as an open circle and the Week 12 score as a solid cyan circle.

01

LIFE SCORECARD

Nine statements rated 0 to 10. Higher is better.

- 1. Self love: I always love being me.
- 2. Excitement: I am whole heartedly excited by life.
- 3. Awareness: I am aware and connected with my true potential.
- 4. Sleep patterns: I consistently receive plenty of quality sleep.
- 5. Diet: I consistently nourish my body with healthy food and water.
- 6. Physical fitness: I look after my body physically with regular exercise.
- 7. Self talk: My self talk is encouraging and positive.
- 8. Living in the now: I consistently live in the moment, staying out of worry for the past or future.
- 9. Letting go: I always forgive myself and others, quickly and easily.

02

MENTAL WELLBEING

Ten statements rated 0 to 10. Higher is better.

- 1. I am happy
- 2. I am a positive person
- 3. I have clear direction and clarity in life
- 4. I live in the moment
- 5. I manage stress well
- 6. I have high levels of energy
- 7. I love who I am
- 8. I am happy in my relationships
- 9. I have the ability to control worry
- 10. I am confident and believe in myself

03

K10 PSYCHOLOGICAL DISTRESS

Ten questions on the past four weeks, rated 1 (none of the time) to 5 (all of the time). Total score 10 to 50. Lower is better.

K10 score	Level of distress
10 to 15	Low
16 to 21	Moderate
22 to 29	High
30 to 50	Very high

Percentage figures on participant pages are the change in total score between Week 1 and Week 12, as reported to the client.

HOW TO READ EACH PARTICIPANT PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better
K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

06

CREW 1 INDIVIDUAL ASSESSMENTS

8 participants | 15 May to 31 July 2024

Life Scorecard, Mental Wellbeing and K10 Psychological Distress

CREW 1 | PARTICIPANT 1

15 May to 31 July 2024

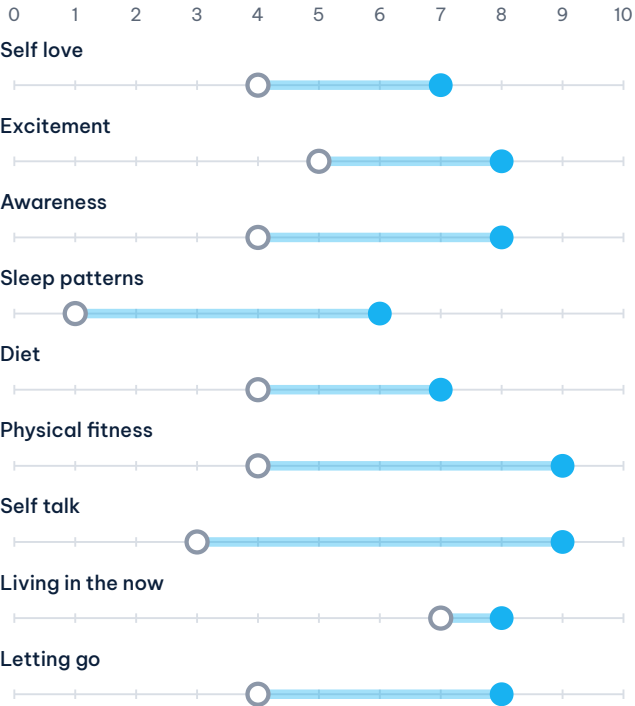
LIFE SCORECARD

49% increase

Total score 36 → 70 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

65% increase

Total score 46 → 76 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

30% decrease

K10 score 23 → 16

High

Moderate

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 1 | PARTICIPANT 2

15 May to 31 July 2024

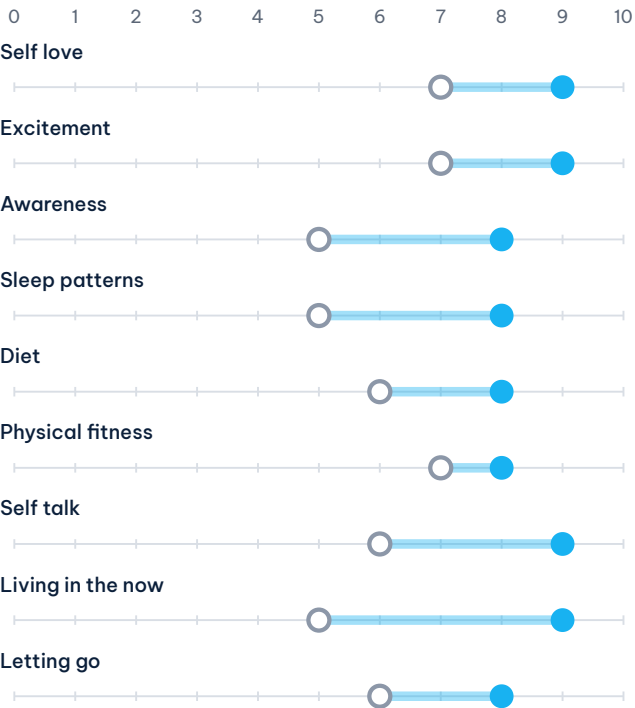
LIFE SCORECARD

29% increase

Total score 54 → 76 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

38% increase

Total score 61 → 84 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

19% decrease

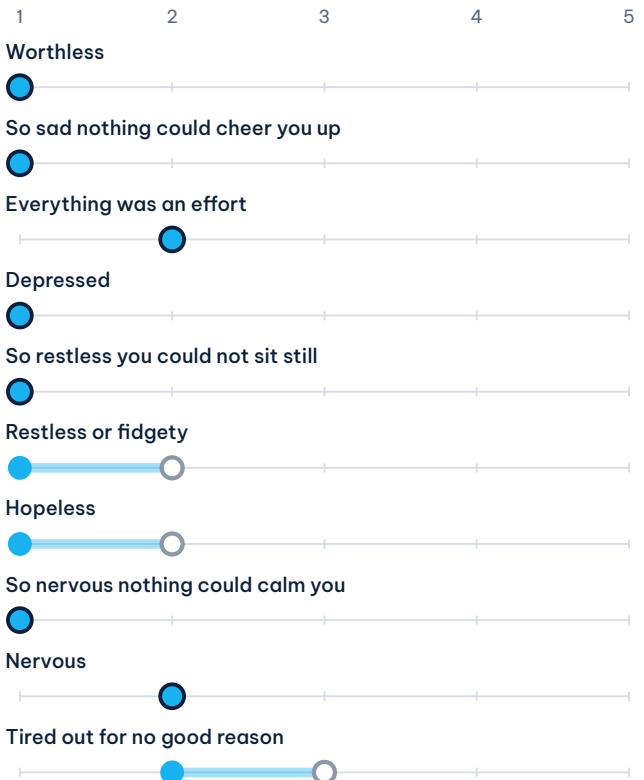
K10 score 16 → 13

Moderate

Low

Score 1 to 5

Lower is better ←



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 1 | PARTICIPANT 3

15 May to 31 July 2024

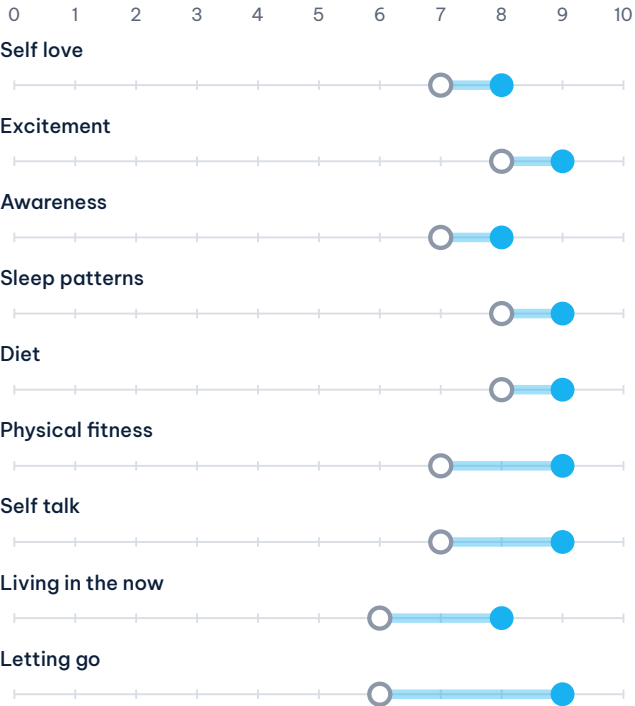
LIFE SCORECARD

18% increase

Total score 64 → 78 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

43% increase

Total score 67 → 96 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

17% decrease

K10 score 18 → 15

Moderate

Low

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 1 | PARTICIPANT 4

15 May to 31 July 2024

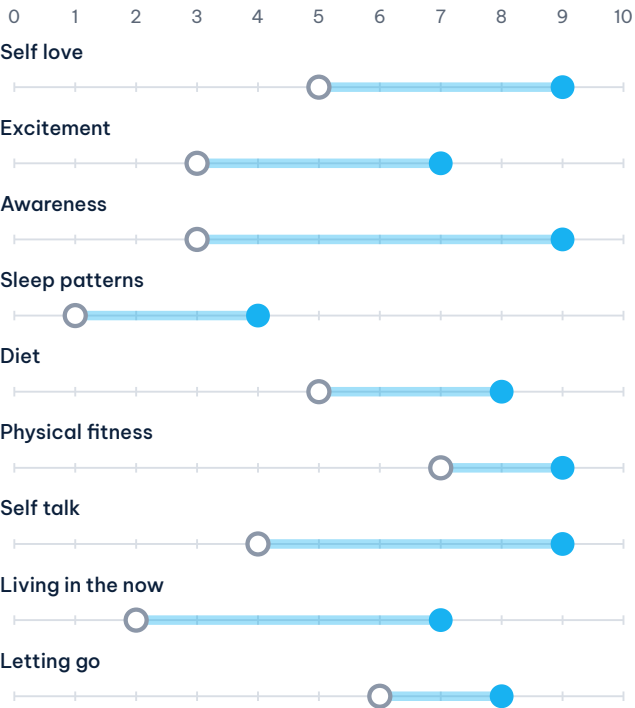
LIFE SCORECARD

49% increase

Total score 36 → 70 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

56% increase

Total score 55 → 86 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

12% decrease

K10 score 17 → 15

Moderate

Low

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 1 | PARTICIPANT 5

15 May to 31 July 2024

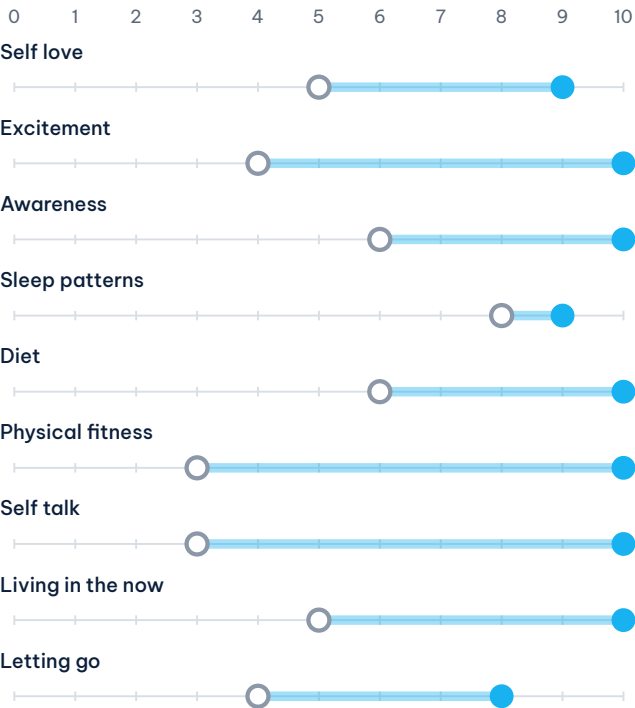
LIFE SCORECARD

49% increase

Total score 44 → 86 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

100% increase

Total score 48 → 97 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

39% decrease

K10 score 23 → 14

High

Low

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 1 | PARTICIPANT 6

15 May to 31 July 2024

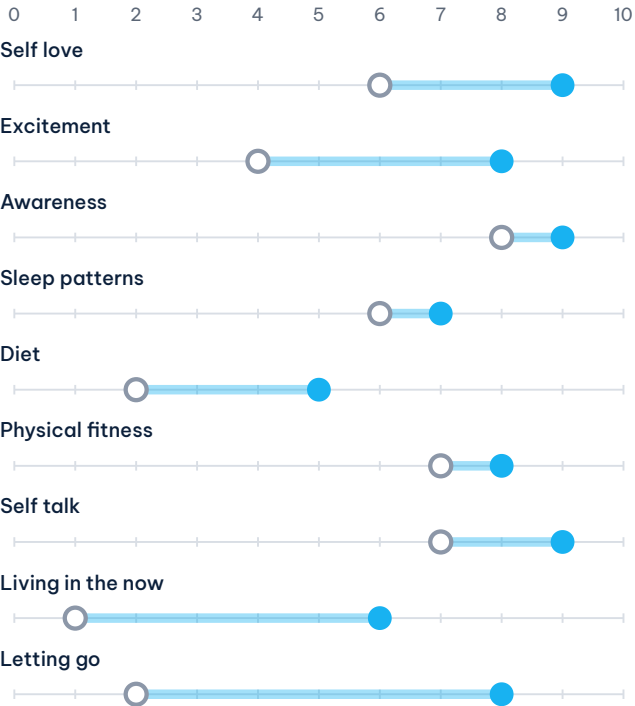
LIFE SCORECARD

38% increase

Total score 43 → 69 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

38% increase

Total score 53 → 73 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

15% decrease

K10 score 20 → 17

Moderate

Moderate

Score 1 to 5

Lower is better ←



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 1 | PARTICIPANT 7

15 May to 31 July 2024

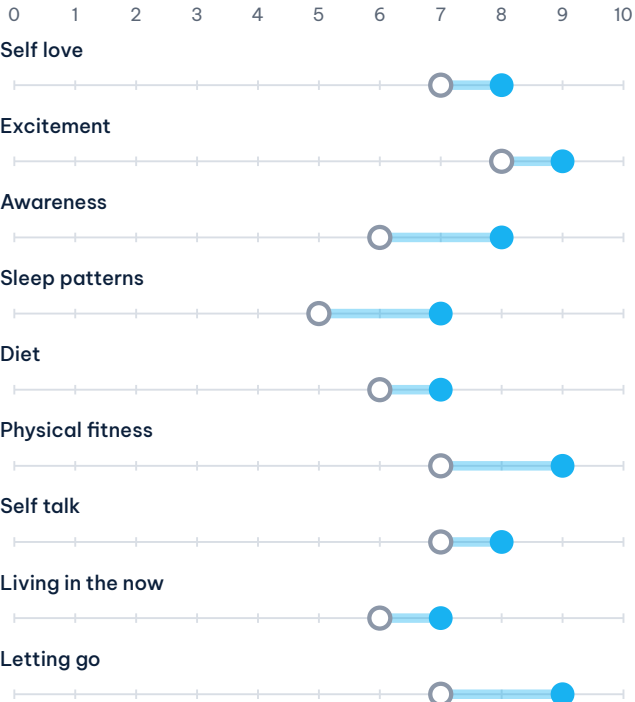
LIFE SCORECARD

18% increase

Total score 59 → 72 out of 90

Score 0 to 10

Higher is better →



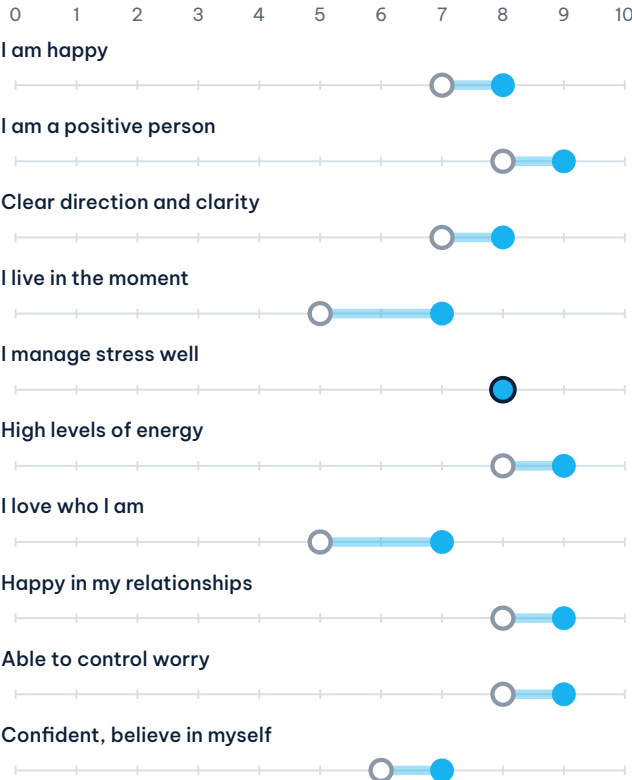
MENTAL WELLBEING

25% increase

Total score 70 → 81 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

16% decrease

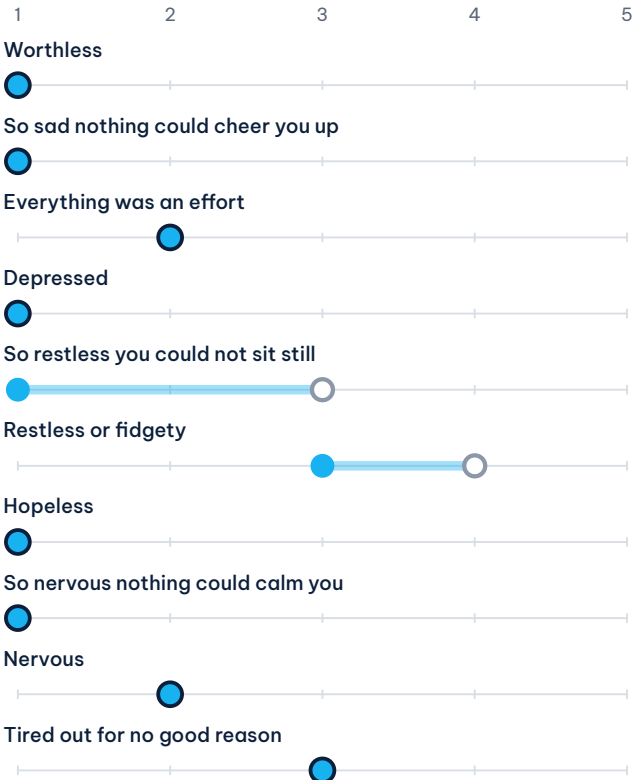
K10 score 19 → 16

Moderate

Moderate

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 1 | PARTICIPANT 8

15 May to 31 July 2024

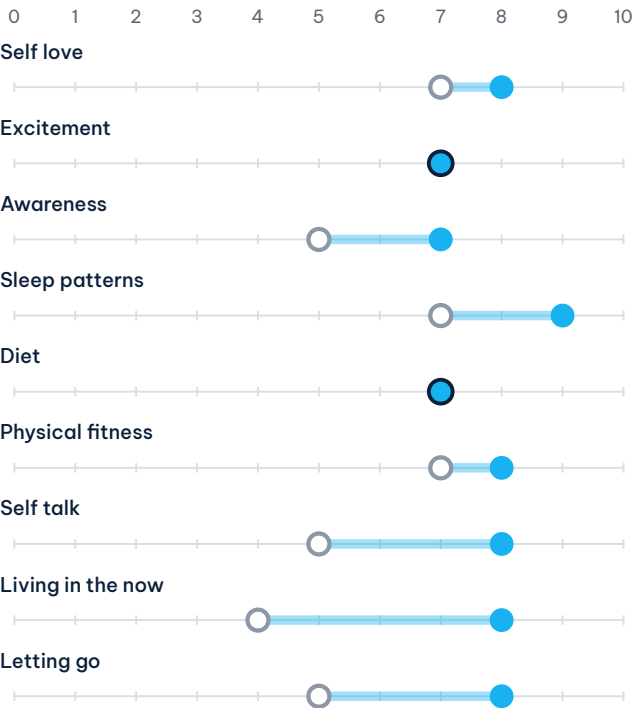
LIFE SCORECARD

23% increase

Total score 54 → 70 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

24% increase

Total score 65 → 77 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

0% change

K10 score 12 → 12

Low

Low

Score 1 to 5

Lower is better ←



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

07

CREW 2 INDIVIDUAL ASSESSMENTS

7 participants | 16 May to 1 August 2024

Life Scorecard, Mental Wellbeing and K10 Psychological Distress

CREW 2 | PARTICIPANT 1

16 May to 1 August 2024

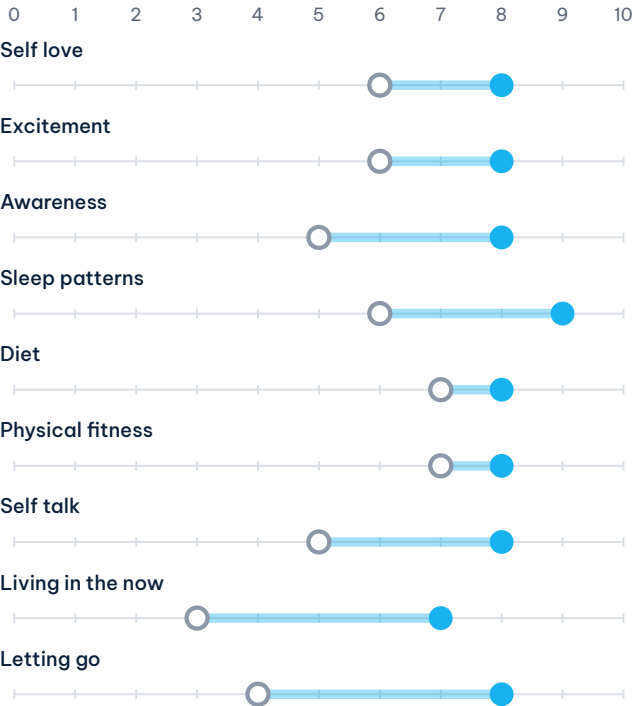
LIFE SCORECARD

47% increase

Total score 49 → 72 out of 90

Score 0 to 10

Higher is better →



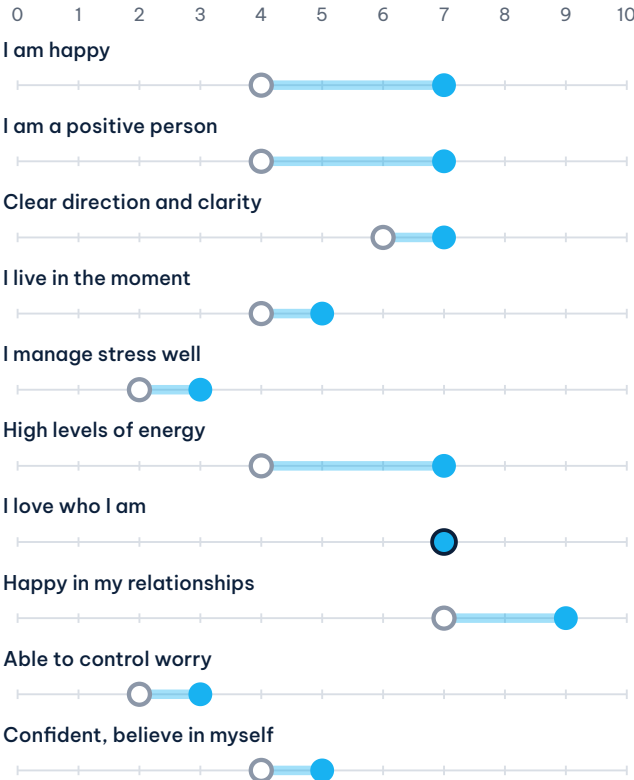
MENTAL WELLBEING

36% increase

Total score 44 → 60 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

19% decrease

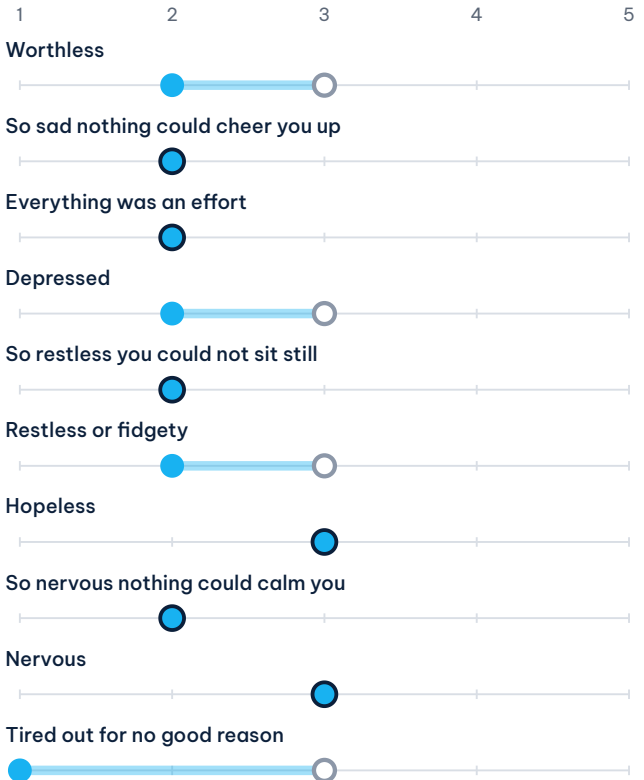
K10 score 26 → 21

High

Moderate

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 2 | PARTICIPANT 2

16 May to 1 August 2024

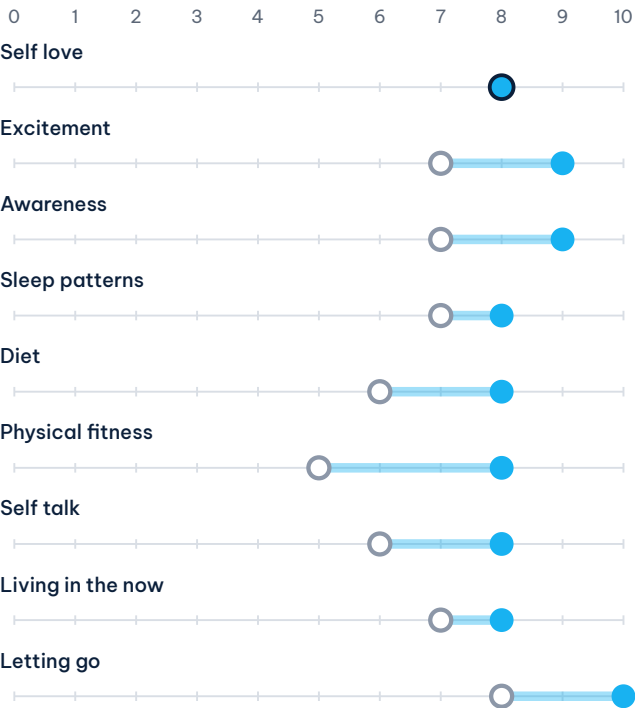
LIFE SCORECARD

25% increase

Total score 61 → 76 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

29% increase

Total score 68 → 88 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

29% decrease

K10 score 24 → 17

High

Moderate

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 2 | PARTICIPANT 3

16 May to 1 August 2024

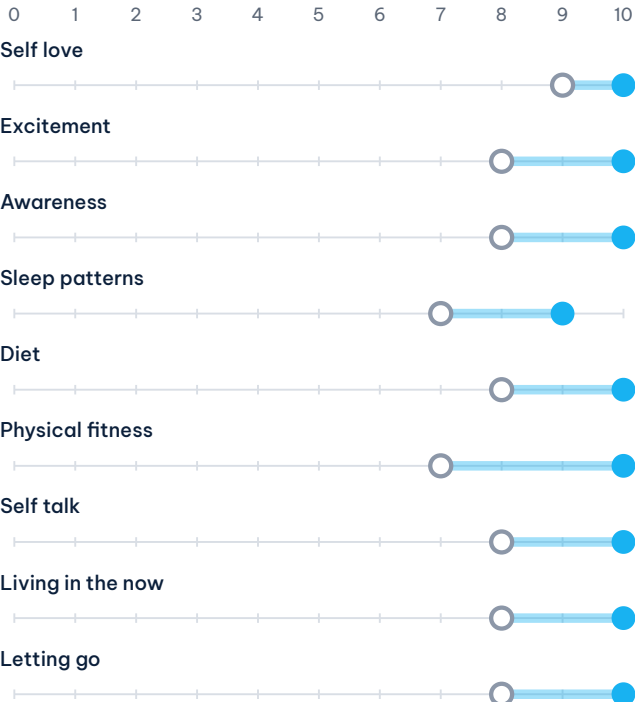
LIFE SCORECARD

25% increase

Total score 71 → 89 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

22% increase

Total score 79 → 96 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

28% decrease

K10 score 18 → 13

Moderate

Low

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 2 | PARTICIPANT 4

16 May to 1 August 2024

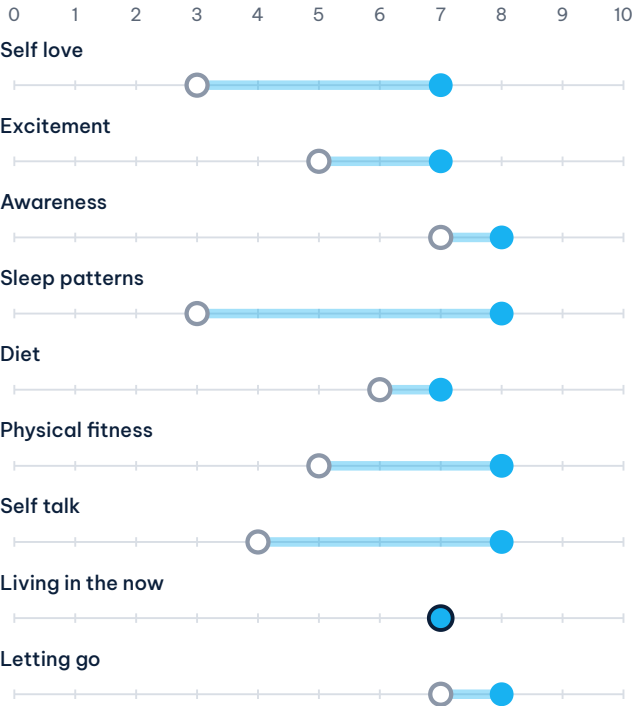
LIFE SCORECARD

45% increase

Total score 47 → 68 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

100% increase

Total score 35 → 83 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

24% decrease

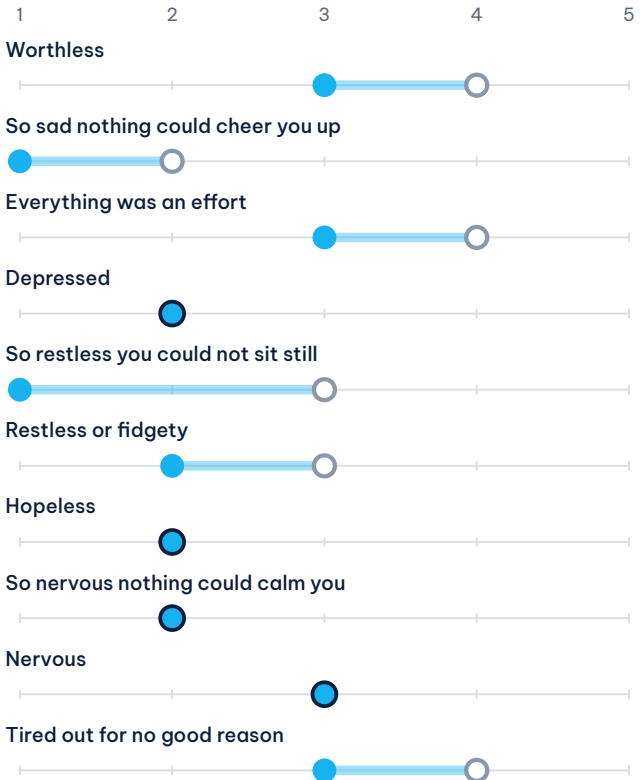
K10 score 29 → 22

High

High

Score 1 to 5

Lower is better ←



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 2 | PARTICIPANT 5

16 May to 1 August 2024

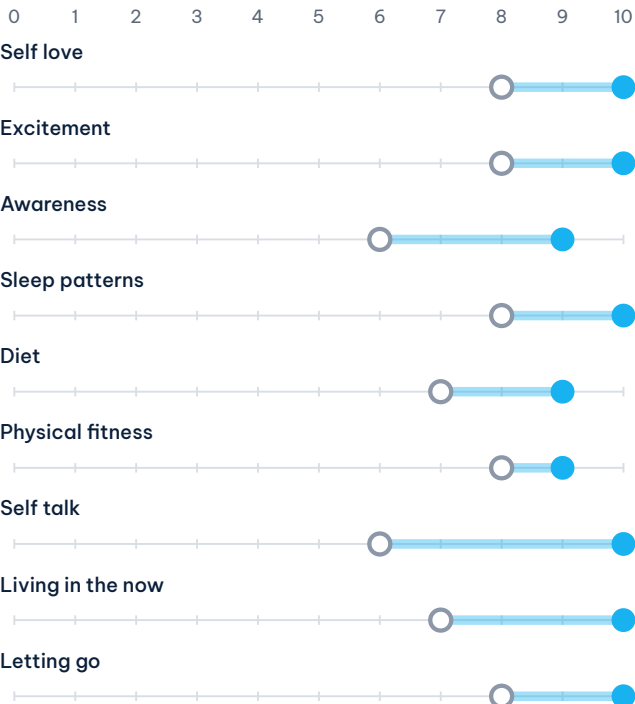
LIFE SCORECARD

32% increase

Total score 66 → 87 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

32% increase

Total score 75 → 99 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

29% decrease

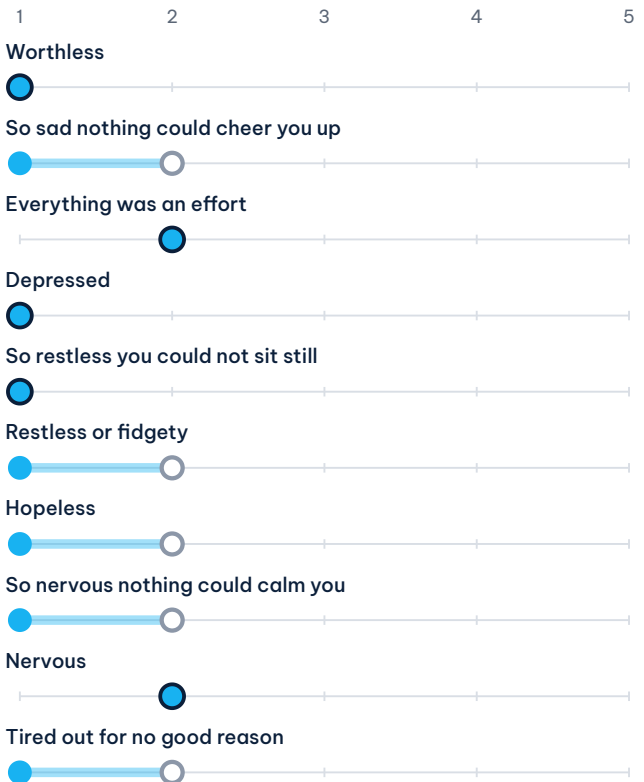
K10 score 17 → 12

Moderate

Low

Score 1 to 5

Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 2 | PARTICIPANT 6

16 May to 1 August 2024

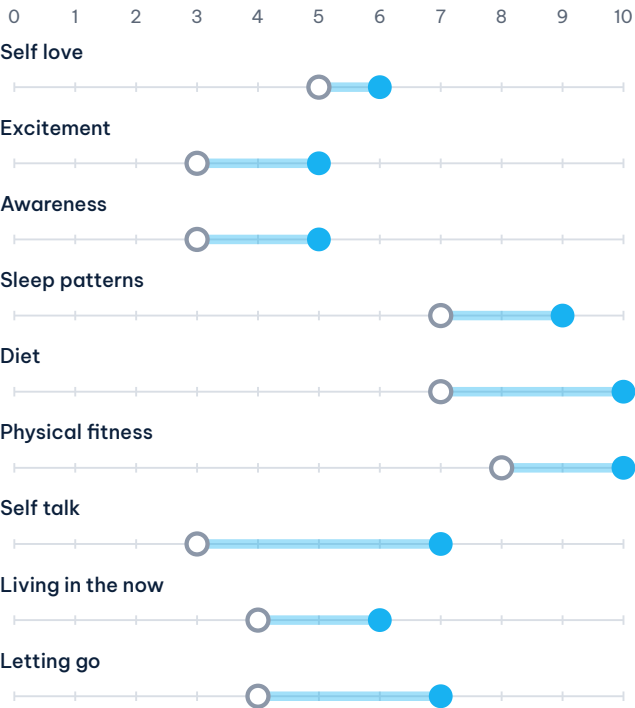
LIFE SCORECARD

48% increase

Total score 44 → 65 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

62% increase

Total score 34 → 55 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

29% decrease

K10 score 31 → 22

Very high

High

Score 1 to 5

← Lower is better



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

CREW 2 | PARTICIPANT 7

16 May to 1 August 2024

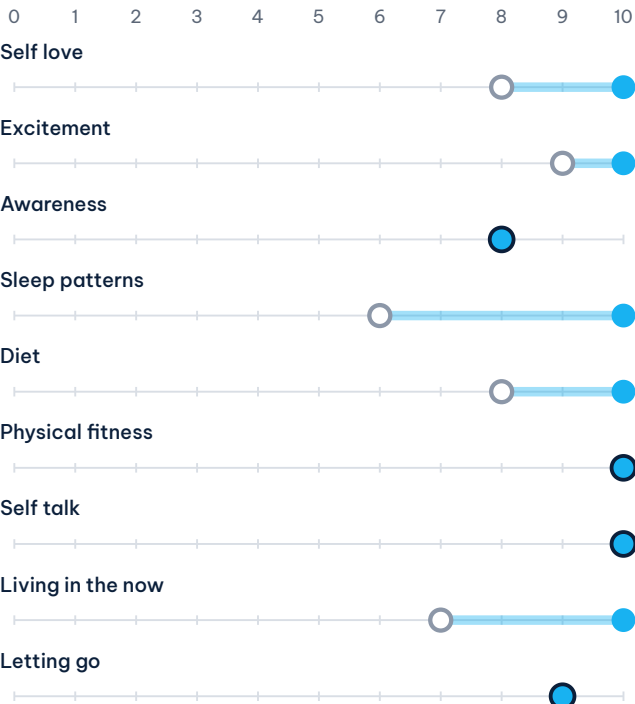
LIFE SCORECARD

16% increase

Total score 75 → 87 out of 90

Score 0 to 10

Higher is better →



MENTAL WELLBEING

9% increase

Total score 86 → 94 out of 100

Score 0 to 10

Higher is better →



K10 PSYCHOLOGICAL DISTRESS

19% decrease

K10 score 16 → 13

Moderate

Low

Score 1 to 5

Lower is better ←



HOW TO READ THIS PAGE

○ Week 1 score ● Week 12 score ○—● Shift over 12 weeks ● No change

Life Scorecard and Mental Wellbeing 0 to 10, higher is better

K10 1 (none of the time) to 5 (all of the time), lower is better

K10 LEVEL OF DISTRESS (TOTAL SCORE)

Low	Moderate	High	Very high
10 to 15	16 to 21	22 to 29	30 to 50

08

PARTICIPANT FEEDBACK

Personal growth, overall experience and testimonials from Crew 1 and Crew 2

PERSONAL GROWTH | 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 3

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

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 7

- Committed to exercise
- Joined meditation for the first time ever
- Express my feelings more and open up more

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
- It's good to share my feelings more with others

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 6

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

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

PERSONAL GROWTH | 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
- Better understanding of triggers
- Improved relationships

PARTICIPANT 3

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

PARTICIPANT 5

- Self awareness
- Self reflection to understand my emotions, actions and behaviour
- Ability to create new habits to bring out a positive and motivated outlook

PARTICIPANT 7

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

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 and meditate, which I didn't have prior

PARTICIPANT 4

- Self confidence and self esteem growing
- Focus on goals and dreams becoming clearer
- Being able to become totally calm using meditation

PARTICIPANT 6

- Less negative and more positive thinking and 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

OVERALL EXPERIENCE | 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 of energy. I used to feel down, shy, withdrawn but now I'm pushing through and breaking the barrier. Even my manager sees this in me.

PARTICIPANT 8

Great, and now I want more time and to go deeper.

OVERALL EXPERIENCE | CREW 2

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.

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

PARTICIPANT TESTIMONIALS

“

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.

“

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

“

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.

“

The program provided tools that you can rely on and utilise anytime, anywhere and in 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.

“

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 a go, you grow.

100%

of participants across both crews said they achieved the three goals they set at the start of the program.

15

PARTICIPANTS

2

CREWS

12

WEEKS

PARTICIPANT TESTIMONIALS

“

I'm hearing impaired. Before I joined the program, I was very withdrawn, shy, would give up, and I was living with "deaf and dumb" in the past. Since I joined the program, they taught me how to break through, be more confident, don't let anyone stop you and express myself better. After 12 weeks, I became a better person, and I've reached my goal by stepping up in my job role because I believe in myself, and no one can stop me achieving my goal.

“

Being given the opportunity to participate in 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 the 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.

“

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.

“

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 and son. 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.

QUALITY MIND AI

Human Intelligence. Reinforced by AI. Delivered at Scale.

Rich Maloney

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