



Master your mind  
and discover your  
true potential

“A fascinating one day  
workshop, delivered  
by two experts within  
their own fields”

Imagine how much more you could achieve if you could truly master your own mind. Consider the potential both for you and for all that you engage with. The opportunities are without limit...The benefits immeasurable.

Think about the things that you would tackle, the difference that you could make, if you understood how to tap into your inner self. Limiting beliefs are the greatest block to achieving the potential that you already have.

Imagine having no fear of failure and by developing the tools to make lasting change, what your new self would be capable of.

“Fear is only as deep as the mind allows.”

**Japanese proverb**

“Take your dreams seriously.”

**Author Unknown**

**Who should attend this unique one day masterclass?**

Anyone that wants to be inspired by human achievement and then to discover day to day tools that can be put into practice immediately. Understand how to challenge yourself, strive for the extraordinary and begin the process of learning how to control your mind and the thoughts that hold you and your team back.

The body achieves what the mind believes.



# Meet your MasterClass team



## Host & Facilitator: Nick Bishop

“Nick Bishop is brilliant and smart .He knows his work and is a good speaker. I recommend any company to come and listen to him or invite him anytime. He’s the best.”

**AFRICAN MANAGEMENT CORPORATION,  
JOHANNESBURG**

After 25 years in the corporate world with leading blue chips, most latterly with HBOS and managing teams of over 200, Nick established his own coaching and performance consultancy in August 2005. He now consults with a number of organisations both in the UK and globally. Because of his thorough understanding of what is needed to be a “winner”, Nick has judged at

the UK Customer Service Training Awards for the last four years and in 2015 was a Judge at the “WOW Awards” in London.

Nick has been asked to speak at a number of events and conferences including Local Government Forums, Contact Centre bodies, Training Events and Staff Conferences. His rich and engaging style is enjoyed by all.



## Key Note Speaker & Facilitator: Natalia Cohen

“ Natalia’s unbelievable journey and its relevance to all our colleagues as professionals and as human beings was simply inspirational and potentially life changing to those open minded and brave enough to use some of her learnings and tools not only in the workplace but in life too.

“Every business no matter how large or small would benefit from listening to Natalia’s journey”

Natalia Cohen has chosen to follow an unusual and fascinating path. Her broad range of professional experience includes adventure tour leading, operations management, teaching/training, volunteer and project coordination, as well as working within the Super Yacht industry and Eco-lodge management, running a remote Safari lodge in Tanzania.

Natalia is no stranger to being outside of her comfort zone and has made an art of embracing and adapting to change. Her understanding of team dynamics, the importance of a positive mind-set and the ability to live in the moment led her to become part of the first all-female team to row unsupported across the Pacific Ocean.

Natalia and the crew completed this challenge in January 2016 setting two world records and gaining an international following. This was a journey of just under 9,000 miles from San Francisco, USA to Cairns, Australia in a 29ft ocean rowing boat. The expedition was not only a challenge of extreme conditions and perseverance but also a journey within to better understand the strength of human spirit, the importance of listening to your inner guide, a positive mind-set, the diversity within a team and enjoying the journey.

# Your masterclass programme

In the morning session you will hear how Natalia had to develop a mindset that made the seemingly impossible possible. After hearing Natalia's story, the Masterclass moves to a facilitated format to provide all attendees with the practical tools needed to develop a "winning" mindset.

In the afternoon session, we will explore the "Team" concept. Natalia will tell you the truth behind team dynamics...Months at sea, in a thirty foot boat, with only the thousands of miles of ocean as their companion.

A Question and Answer session with Natalia will bring this unique day to a close.

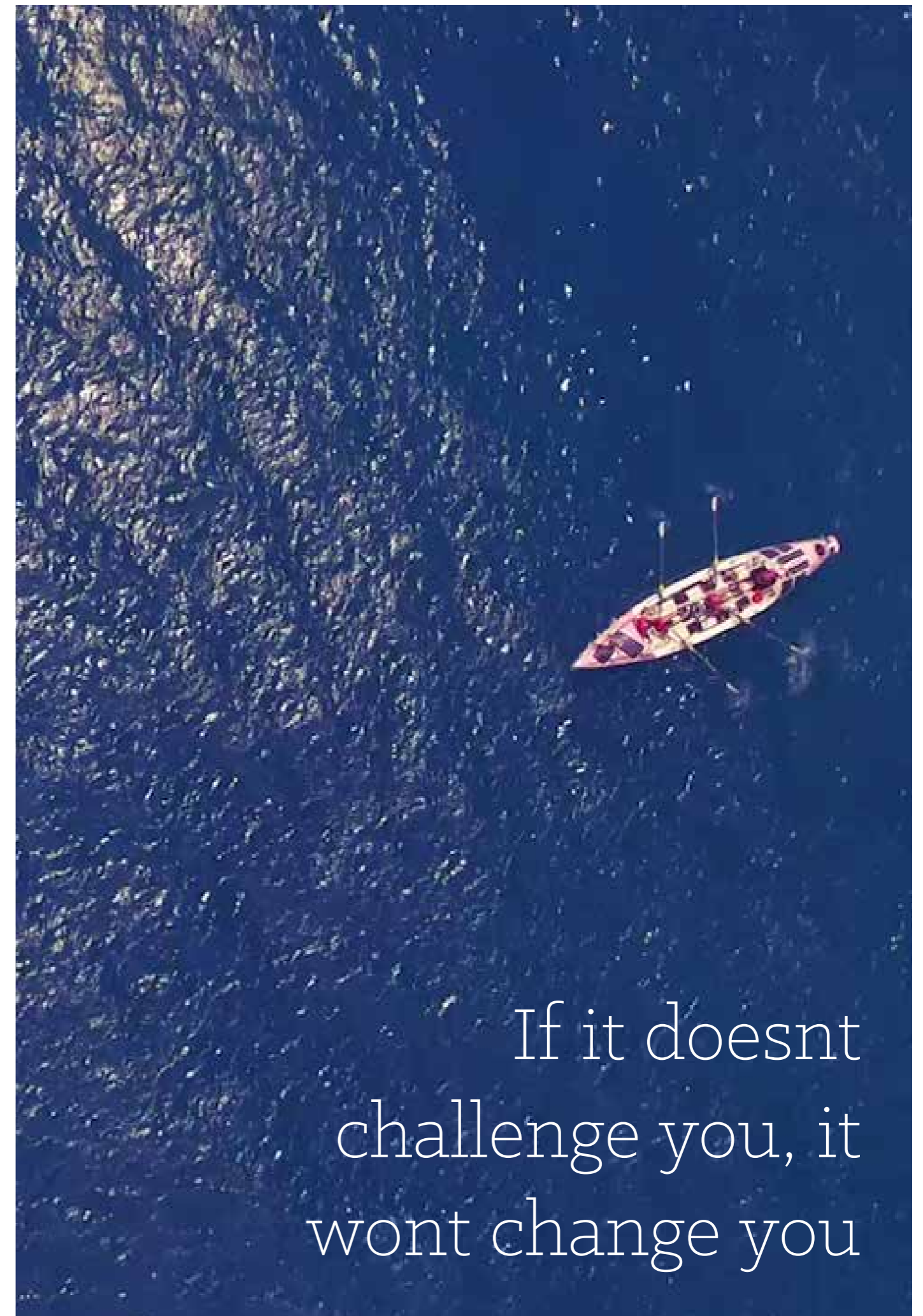
Morning Session: Extending your Personal Boundaries

- **Actions and Behaviour**
- **Shifting your Mindset**
- **Drivers and Limiters**
- **Goals that stick**

Afternoon Session: Building the Right Team Dynamics

- **Aligning Values**
- **Conflict Management**
- **Accountability**
- **Authentic Leadership**

The learnings will be developed using RAIL (Reflect/Analyse/Implement/Learn). This will give all attendees a simple way of implementing all learnings following the Masterclass.



If it doesn't  
challenge you, it  
won't change you



“Coming together is the beginning. Keeping together is progress. Working together is success.”

**Henry Ford**

## Why you should attend

Learning is about four things

- **Being “Inspired” and wanting to change**
  - **Accepting what has to change**
  - **Realising why it has to change**
- **Discovering how to make the change**

Any journey is about self-discovery. This Masterclass has been designed to inspire but also to equip you with the tools and techniques to make significant changes to both your own life but also all that you mix with.

Your Masterclass will provide you with a full understanding of how you have total influence on your own actions and behaviours, and the impact of limiting beliefs.

To change to improved ways of thinking requires a shift in mindset. You will then understand how exciting and challenging goals will help to take your performance to new levels.

Teams need aligned values to maximize their true potential. They need to have the same vision. Your Masterclass will help you to understand the need for shared thinking even in times of conflict.

For your teams to thrive and develop, everyone has to take some accountability. By the end of your Masterclass, you will understand what “Authentic Leadership” means, the benefits and how you will put this into practice back in the workplace.

We all have chances in life...Failing to grasp and adapt to each new opportunity is to waste your own potential. Life is filled with opportunities, so seize the moment and make something you’ve always dreamed about happen!

# Investment

**£189 per head**

**£1700 for a team of ten**

**£3200 for a team of twenty**

**£3800 for a complete booking (24 people)**

Please note that these are indicative costs only and are dependent on client requirements, location & venue choice etc. Places will be limited to 24 people to ensure maximum learning for all delegates.

**Learning is a treasure that will follow its owner everywhere. Chinese Proverb**

For all enquiries, please contact:

**Nick Bishop**

**Telephone: 0161 486 9577**

**Mobile: 07919 565904**

**Email: [nick@nickbishopsolutions.co.uk](mailto:nick@nickbishopsolutions.co.uk)**



**Nick Bishop Solutions**