

MINDSHIFT PROGRAMS

PROGRAMS	DESIGNED FOR	PROGRAM OPTIONS	DURATION
COACHING	One-on-one strategy sessions	6 Session Program 12 Session Program	Approx. 2 months - 6 months, depending on program choice
LECTURES	Productivity-focused lessons. <i>Perfect for: lunch and learns, breakfast series, talks, and/ or conferences.</i>	6 different lecture-style presentation topics	60 mins ea.
TRAINING	Team performance optimization workshops. <i>Perfect for: developmental series or retreats.</i>	8 different training workshop topics	3 hours ea.
CONSULTING	Systemic change to organizational culture.	Curated depending on client's goals	Dependant on client's goals

* All programs offer a **discount of 10%** with an investment of **3 or more**.

* Contact us at info@mindshift.ninja for more information.