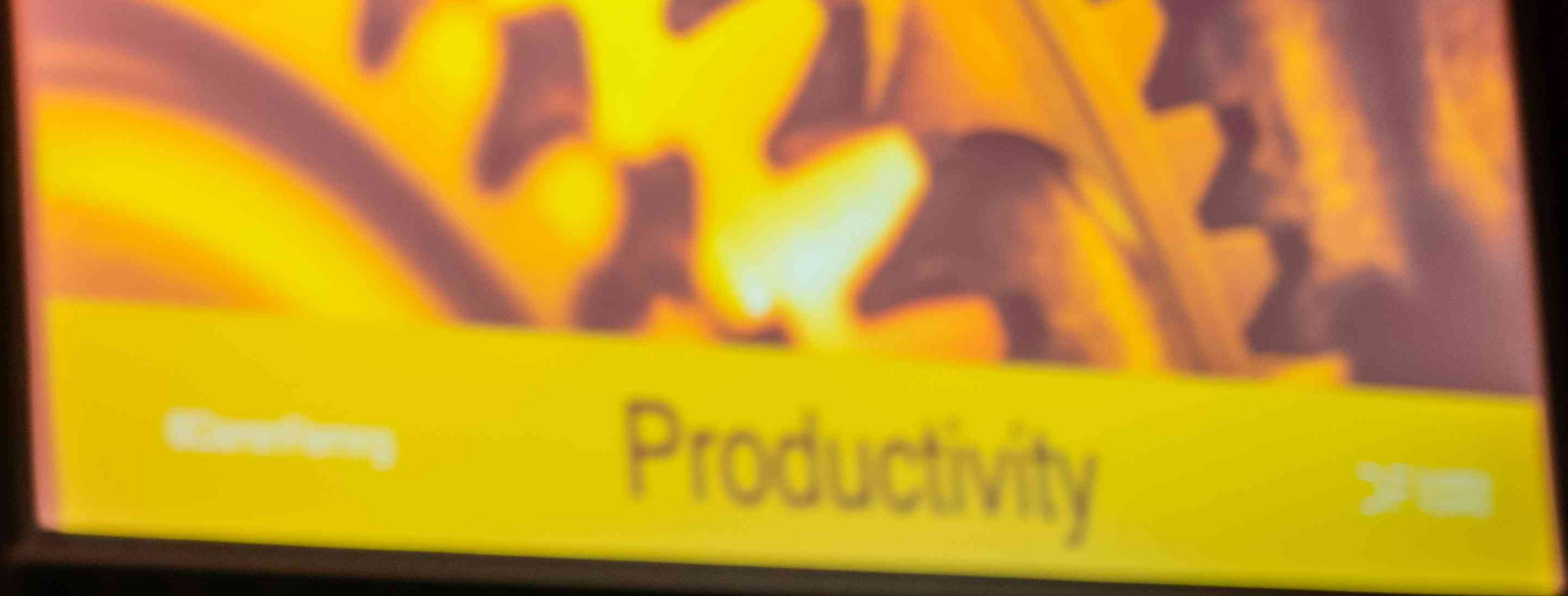


Darren Fleming

Mindset Mastery

Keynote Information Pack



The biggest distractions we have in the workplace are not emails, meetings or office politics. It is the voice in our head. Unless we master that voice, we will never master our day.

Darren is obsessed with how our brain-body instrument operates, and how a few small tweaks can deliver amazing changes to life.

With a background in elite sport (sailing and Judo) and two decades consulting into the C-Suite he knows what it takes to perform under pressure. With qualifications in psychology and a life-long study of

eastern and western philosophies he knows how to master your mindset.

For over 20 years he has conducted leadership programs in Australia, Asia, the Middle East and Africa for Global 500 Companies including Caterpillar, CISCO, Accenture, BHP, and Rio Tinto.

He is the author of 7 books including More Sales More Profit, How to Write

a 10-Minute Presentation in Under 2 Minutes, Don't be a Dick, and Mindset Mastery.

He loves talking all things mindset on radio, TV and podcasts and is a regular columnist for Supply Chain Channel, Strategic CFO, The Association of Chartered Certified Accountants and many other leadership magazines.

SPEAKING TOPICS

MINDSET MASTERY FOR LEADERS

MINDSET MASTERY FOR PERFORMANCE

MINDSET MASTERY @ HOME

Mindset Mastery Keynote

Edit the algorithm that distracts your thinking

The biggest workplace distraction we face is the voice in our head. It talks us out of doing what we know we should, drives us to waste time on pointless ideas, and endlessly replays conversations, songs or stories from yesterday.

To counter this we go into battle. We create habits to keep us focused and use discipline to ensure we keep them. But this sets up our day as a struggle to be fought through. It's why we go home exhausted.

There is an easier way.

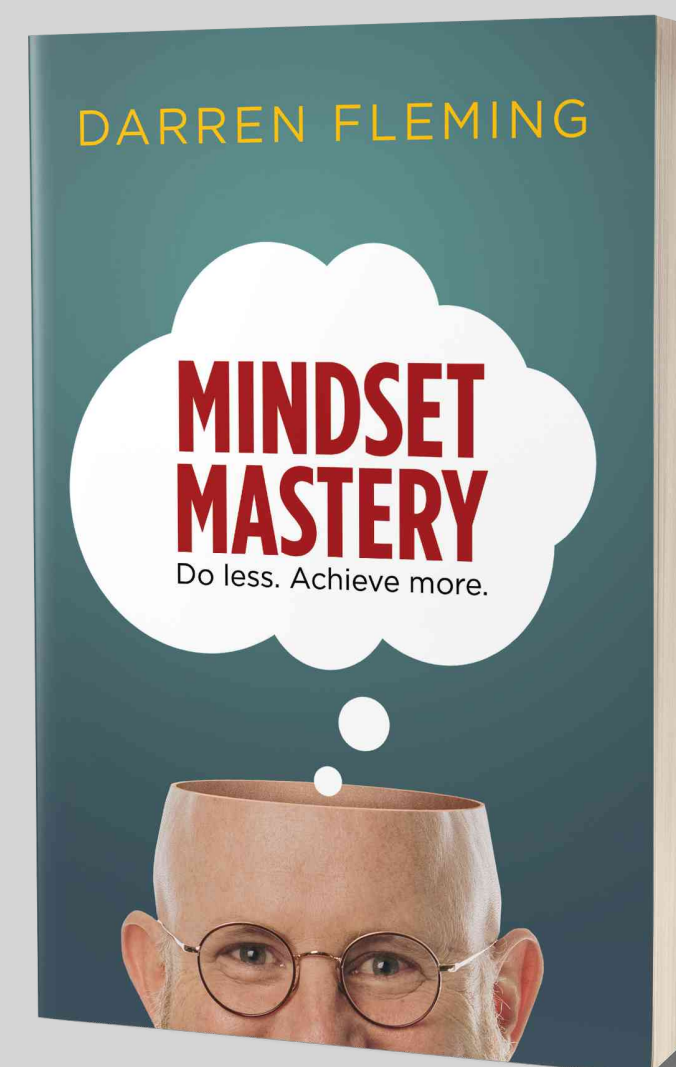
The Mindset Mastery keynote and book give your audience a practical way to understand what is happening in their head and how to control it.

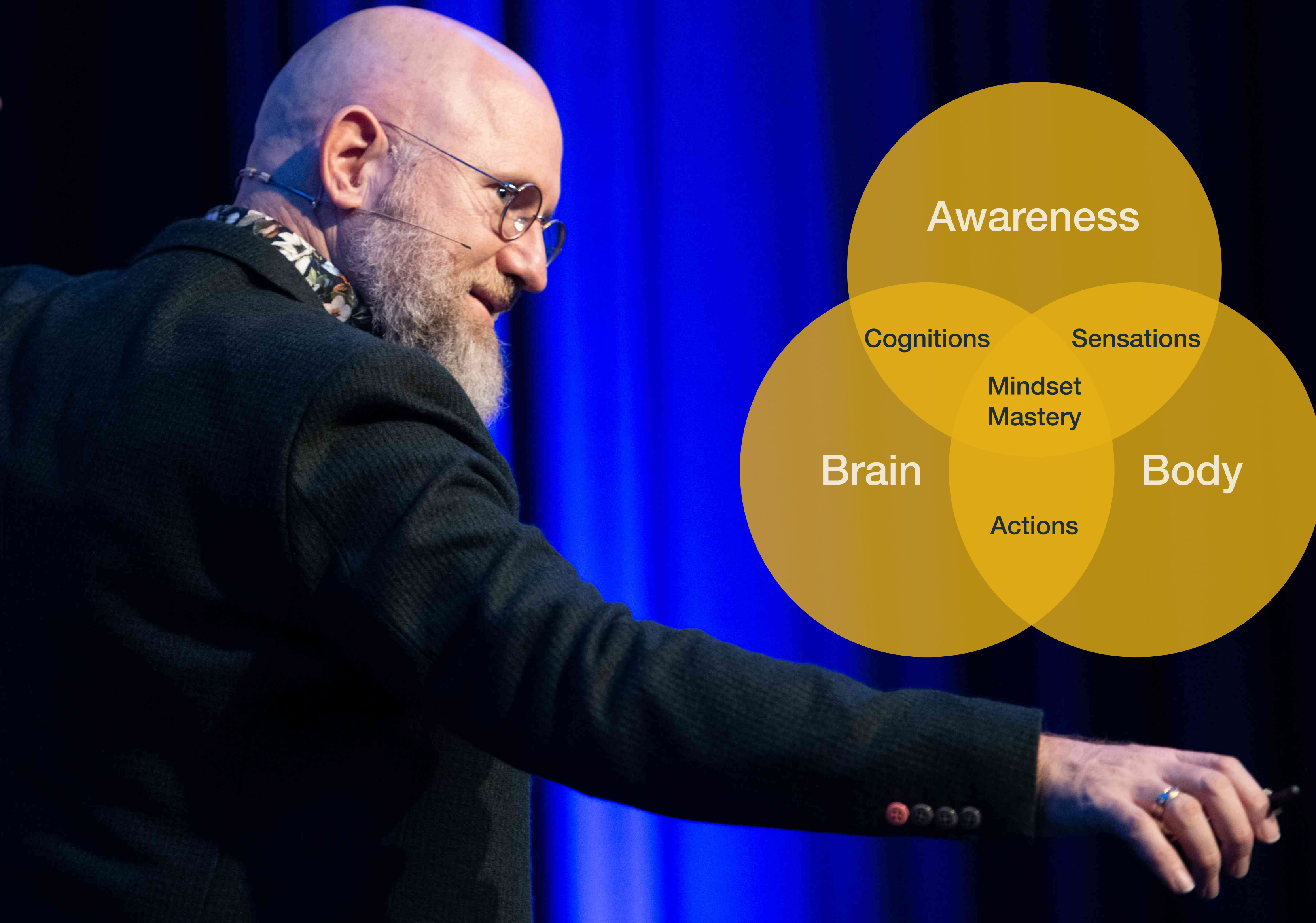
The keynote covers:

- Perception - Engaging optical illusions that demonstrate that what we *think* we see is not what we *do* see.
- Motivation - what motivates us to take action is far more subtle than previously thought.
- Cognitions - most of the thoughts we have can be changed easily when you know how.

The Mindset Mastery keynote is ideal for:

- Leaders dealing with the pressures of organisational life
- High performers who need to bounce back when things go wrong
- Sales staff who need to flourish in hectic times - be they good or bad.





We only have our brain, body and awareness to get through the day. The question to ask is, 'What part is in control?'

If it's the brain, you will be distracted when the voice decides to focus elsewhere.

If it's the body, you will be distracted when it gets restless and wants to move.

It's only when the awareness is in control that the brain and body will do as you direct. This gives you focus.

This is Mindset Mastery.

Brain Body Awareness



Managing people, strategies and dealing with the day-to-day challenges can stress even the most experienced leader. Being able to manage the pressure without overworking, getting stressed, and still being able to switch off at night is imperative to ensure that the right decisions are made.

If leaders don't manage the pressures they are at high risk of burnout, leaving the organisation - or worse - making big mistakes.

The Mindset Mastery Keynote will give your leaders:

- ➔ An Understanding of how and why we perceive the world differently
- ➔ Processes to clear their thinking so they can focus on the right task
- ➔ Insight into what is driving their staff's behaviours
- ➔ Simple strategies to switch off at night

Mindset Mastery for Leaders



For many high performing teams and individuals, the highs are high, but the lows are lower. Being able to ride the rollercoaster of emotions, bounce back from the inevitable set-backs and lean into the difficult tasks are key to staying ahead in the market.

The Mindset Mastery Keynote will give your high performers:

- ➔ Insights into what triggers their reactions
- ➔ Steps to build bullet-proof concentration
- ➔ An understanding of why they out-perform colleagues in one area but not others, and what to do about it
- ➔ How to accelerate their way through a form slump
- ➔ How to get through the boring admin tasks that must be done - even when no one likes doing them.

Mindset Mastery for Performance

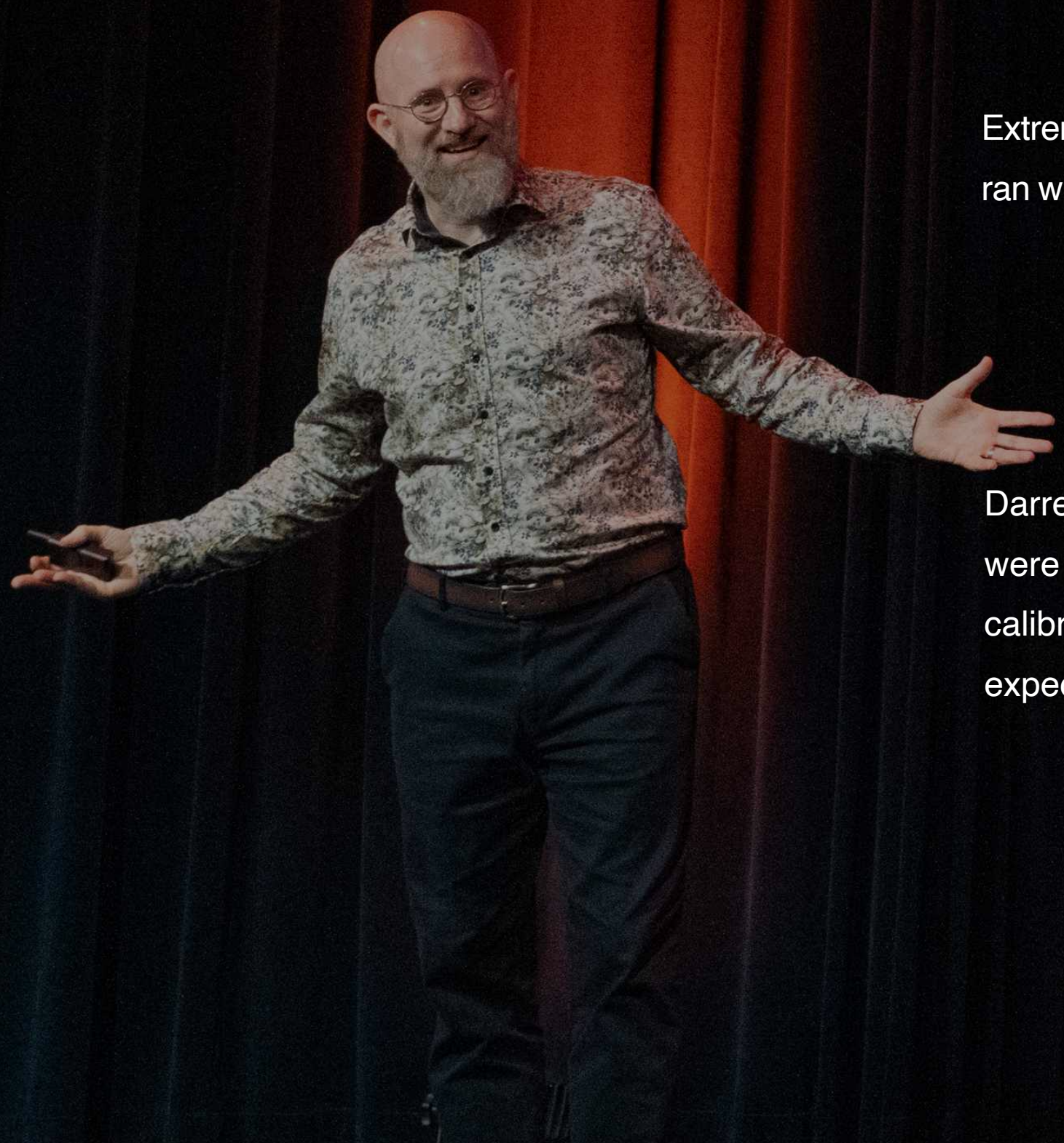


If we are successful at work, but lose our family in the process it is all for nothing. Unfortunately too many employees go home stressed and exhausted because they have given the best of their day to work, and the family gets what is left - which is usually not great.

The Mindset Mastery @ Home Keynote will give your people:

- ➔ Understanding of why your partner triggers you and why it is a good thing.
- ➔ How to be patient with the kids even if you've had a tough day
- ➔ How to keep calm when your teenager is really pushing their luck
- ➔ A better way to take the edge off the day than beer, wine or drugs.

Mindset Mastery @ Home



We've just had a rare opportunity to learned from one of the best in the game. Your message was crisp and easy to understand. You kept us all engaged - everyone loved it. You gave the team what they needed. Thanks for coming all the way to Africa Darren!

CATERPILLAR

Direct, powerful and ensured that the brief was nailed. I'll use these skills in every meeting I go into from now on. Thanks for sharing what you know.

Ausgrid

Extremely recommend Darren's Mindset Mastery keynote that he ran with our team. So far the staff feedback has been excellent

**GO-Sunny
SOLAR**

Darren ensured that the content and outcomes were what we were after. I recommend anyone needing a speaker of this calibre to give serious consideration to Darren. He fulfilled my expectations and made a real difference to our conference.

LJ Hooker

Darren is an incredibly smart guy who uses complex behavioural science in an extremely simple and easy way to understand it so that applying it effectively every day. The methods Darren shared were simple but extremely effective once you know how. I highly recommend Darren to everyone

Tradelink
Plumbing Centres

We engaged Darren to deliver a series of webinars to our sales team to help them navigate the evolving sales process and techniques required in a new (Covid) normal' world. Darren worked with us to ensure the content delivered was relevant to our organisation and every attendee remarked that they gained useful strategies to help them in their roles. Many thanks Darren.

SAI GLOBAL

Darren was hired as one of the main speakers for our state conference. From the feedback I have received from the team, he was the highlight of the conference.

The response from the team is that they found his message challenging and thought provoking which leaves me with no doubt that many of them will be implementing his suggestions and then reaping the benefits of doing so.

Raine&Horne.



Delivery to Suit You

The Mindset Mastery methodology is offered in several formats including keynote speaking, interactive breakout sessions, group training and one-on-one coaching.

Contact Details

Darren can be reached through the bureau that sent you this brochure.