

RENEW Your Mind



“...be ye **transformed** by the **renewing** of your **mind**...”

- *The Apostle Paul (Romans 12:2)*

With your mind, you think, imagine, remember, and understand. Your mind has the power to reason, understand, and make decisions. Your mind determines your actions – how you live, how you behave, and how you conduct yourself. **Renew Your Mind** Coaching teaches you how your mindset works and how to build a growth and grace mindset in a methodical and systematic way. You will learn how to free your mind from mental bondages that can hold you back, and how to renew your mind with God’s way of thinking to propel you forward.

In **Renew Your Mind** Coaching packages, Dr Rob will guide you to, firstly recognise your current mindset, and then help to know how to implement changes that will have a tremendous impact on how you make decisions, act and ultimately the lead your life. You will discover how to let go of fear and self-doubt, and be able to lead with courage and possibilities.

Your life is always moving in the direction of your strongest thoughts.

There are **two 6 session packages** which include the following sessions:

Renew Your Mind – Pathway 1

- Identifying & Eliminating Limiting Beliefs
 - Exploring your Beliefs
 - Unhelpful Beliefs
- Patterns of Unhelpful Thinking
- Question your Thinking
- Fixed or Growth Mindset

Renew Your Mind – Pathway 2

- Wise Mindset & Habits of Mind
 - Core Identify Model
 - How Present is your Past
 - Who I am in Christ
- How to Love Yourself Correctly
- Boosting your Self-Worth & Self Esteem

Coaching Packages Investment:

Each Pathway consists of **6 x 60-minute sessions** conducted weekly, fortnightly or monthly
(face to face or via Zoom/Phone dependent on location)
Recommended 1-2 hours client work outside of each session

1 Pathway over 6 sessions - \$780

2 Pathways over 12 sessions - \$1,380

Providing you a Pathway, not just a Package