

---

# Unleash Brain Power Mastering Your Mind

Customized-For-You Coaching

© copyright 2024 Grow Your Mind by Brainexus. All rights reserved.



---

# Program

01 Stress Management

02 Resolve Inner Conflicts

03 Find Your Right Path

04 Breakthrough Yourself

05 Other Services

# Why choose 1-on-1 coaching?

## **PERSONALIZED Support:**

Receive coaching tailored to your unique needs, challenges, and aspirations.

## **FLEXIBLE Scheduling:**

Convenient session times that fit your busy lifestyle.

## **CONFIDENTIAL Space:**

A safe environment to discuss your concerns and explore solutions.

## **IMMEDIATE Feedback:**

Direct, constructive feedback to accelerate your progress.

# 01 Stress Management

Are you feeling the weight of balancing your career, family, and personal time? Do stress and anxiety often leave you feeling overwhelmed? This is specifically designed to help you **reclaim your peace, confidence, and joy.**

## Who is this for?

- Executives / Professionals
- Managers
- Working mothers

+6 011-5665 4486 Schedule Free Consultation

### Benefits:

- Enhance self-awareness
- Manage and reduce stress
- Reduce anxiety and enhance emotional resilience
- Increase productivity and focus
- Achieve a better-balanced life and increase happiness

### Program Highlights:

- Clarify your goals
- Understand and identify stress triggers and patterns
- Release negative emotions
- Remove limiting beliefs and thoughts
- Develop a personalized self-care routine
- Practice mindfulness strategies

# 02 Resolve Inner Conflicts

Are you feeling stuck and overwhelmed? Do you find yourself battling with self-doubt, negative thoughts, or conflicting desires? This is designed to help you **achieve mental clarity and emotional balance.**

## Who is this for?

- Have self-doubts and self-criticism
- Often experience mood swings without a clear external cause
- Show signs of anxiety or stress, frequent worrying
- Perfectionist having procrastination

+6 011-5665 4486 Schedule Free Consultation

### Benefits:

- Resolve inner conflicts
- Manage negative emotions
- Improve mental resilience
- Increase productivity and focus
- Achieve a better-balanced life and increase happiness

### Program Highlights:

- Clarify your goals
- Understand and identify mental conflicts
- Transform negative thought pattern
- Enhance emotional resilience
- Strengthen self-belief and confidence
- Develop strategies to sustain positive change

# 03 Find Your Right Path

Are you feeling lost or uncertain about your life or career path? Do you struggle with making decisions and finding your true purpose? This program is well designed to help you **gain clarity, confidence, and direction.**

## Who is this for?

- Teenagers / young adults who are confused about their career or future
- People turning or over 40 y/old who are feeling lost
- Working people who are fear of switching career
- People who are stuck in their life and want a transformation

+6 011-5665 4486 Schedule Free Consultation

### Benefits:

- Clarify your life and career goals
- Overcome confusion and indecision
- Boost confidence and self-belief
- Increase productivity and focus
- Achieve personal and professional success

### Program Highlights:

- Discover your strengths and learn how to leverage them
- Explore core values and beliefs that drive you
- Overcome limiting beliefs and develop positive mindsets
- Enhance self-confidence
- Develop effective decision-making strategies
- Goal setting and action planning

# 04 Breakthrough Yourself

Are you seeking a breakthrough in your career or life?  
Do you feel stuck or unfulfilled, yearning for more growth and success? This helps **you achieve the transformation you desire.**

## Who is this for?

- Sales people who wants to achieve their goals quickly
- Executives who are eager for a promotion in career
- People who wants to boost their self-confidence
- People who wants to transform their life to a better one

+6 011-5665 4486 Schedule Free Consultation

### Benefits:

- Break through mental barriers
- Enhance career and personal growth
- Boost confidence and self-belief
- Be in charge of your mind
- Achieve your goals and aspirations

### Program Highlights:

- Clarify your goals
- Identify barriers and limiting beliefs
- Develop a success mindset
- Discover your strengths and learn how to leverage them
- Managing stress and build resilience
- Develop strategies to sustain positive growth

# Other Services

+6 011-5665 4486 Schedule Free Consultation



## Coaching

- Performance improvement (e.g. helping you overcome procrastination and enhance productivity).
- Break free from bad habits (e.g. smoking, overeating).
- Resolve couple's conflicts and develop effective communication strategies to strengthen relationship.

## Training

- Special-designed training programs to enhance performance and productivity.
- Tailored made training solutions to meet the unique needs of both corporate teams and educational institutions.
- Positive parenting workshop to empower parents in their communication with children.

## (DMIT) Fingerprint Intelligence Analysis

- Unleash your full potential by understanding how to leverage your inborn strengths.
- Increase productivity in learning and work.



# Meet Your Coach

After a decade in the design industry as an art director, Wei Fen transitioned to become a mindset coach, driven by a passion for personal growth and transformation. Trained in Neuro-Linguistic Programming (NLP) and Dermatoglyphics Multiple Intelligence (DMIT), she realized the importance of self-awareness and self-control. She personally experienced a transformation from being insecure and filled with negative thoughts to becoming a confident and resilient individual.

Additionally, she advocates for positive parenting to unlock children's potential and nurture happy families. Through her journey, she is committed to guiding others toward fulfilling and successful lives.

Certified NLP Master Coach (ABNLP)

Certified Master Practitioner of NLP (ABNLP)

Certified Master Practitioner of Time Line Therapy®

Certified Master Hypnotherapist (ABNLP)

Senior Dermatoglyphics Multiple Intelligence Test (DMIT) Consultant

HRD Corp Certified Trainer

# Your journey to success



Schedule a free  
consultation now!

+6 011.5665 4486

info.brainexus@gmail.com

[www.growyourmindtoday.com](http://www.growyourmindtoday.com)

<https://www.facebook.com/GrowUrMindMY>