

The Inner Reboot Programme



Growth Architecture Through Neuroscience, Emotional Intelligence & Behavioural Change

A three session experiential journey blending cognitive psychology, behavioural insight and emotional regulation to help people shift limiting beliefs, interrupt old patterns and build empowering internal narratives.



Three sessions. Three interconnected topics. One cohesive journey of growth.

Each programme is supported by digital resources, email guidance, and optional follow up coaching to deepen learning and sustain momentum.

Trans4mative Minds

Building the human architecture behind resilient, psychologically safe, change ready teams.

The Inner Reboot Programme



People don't need more motivational quotes or surface level positivity...

THEY NEED

Space

To understand their beliefs, biases & internal narratives

Safety

To challenge old stories, interrupt unhelpful patterns

Support

To create possibility instead of limitations

The Inner Reboot Programme is an experiential journey blending cognitive psychology, emotional regulation, and behavioural insight. It helps people understand their internal world, shift limiting beliefs, and build psychological flexibility that supports growth.

This programme strengthens the mental, emotional, and behavioural foundations behind confidence, clarity, and empowered decision making.

Explore the programme



Session 1



Limiting Beliefs & Negativity bias

Limiting beliefs are the stories your brain creates to keep you safe, even when they hold you back. Negativity bias is your brain's ancient habit of spotting threats faster than possibilities.

This session helps people understand why their brain defaults to the negative, how unhelpful stories form, and how to gently rewrite them with awareness and compassion.

WHAT WE COVER

- Understand how limiting beliefs form & why the brain clings to them.
- Explore negativity bias & how it shapes perception, emotion, and decision making.
- Practise separating fact from fear to reduce overwhelm and reactivity.
- Learn tiny, compassionate mindset shifts that help reboot unhelpful patterns

OUTCOMES

- Understand what limiting beliefs are and where they come from.
- Recognise the impact of negativity bias on thoughts, emotions, and behaviour.
- Identify their own limiting beliefs through patterns, triggers, and lived experience.
- Practise simple tools to interrupt negativity bias and reframe limiting beliefs

90 Minutes
Virtual or in person



Session 2



Harnessing Habits

Our habits shape the way we think, work, and grow often more than we realise.

This session helps participants explore the science of habits and discover how small, intentional routines can unlock strengths, build resilience and create the lasting impact.

WHAT WE COVER

- Understand how habits are formed and why they matter.
- Identify which habits support or undermine their unique strengths.
- Design simple, strengths aligned habits that create lasting impact.
- Develop strategies to overcome resistance and embed positive routines

OUTCOMES

- Understand how habits are formed & why they matter.
- Identify habits that support or undermine their strengths.
- Design simple, strengths aligned habits that create lasting impact.
- Develop strategies to overcome resistance & embed positive routines.
- Build confidence & ownership in their growth

Half Day
Virtual or in person



Change vs Transition

Change is the external event, the restructure, new system, new leader, new direction. Transition is the internal process, the emotional, psychological, and biological journey your system takes to catch up. Most organisations manage change, but few support transition, and that's where friction, resistance, and overwhelm live

This session helps participants understand why change feels hard, what happens in the brain and body during transition, and how to move through uncertainty with clarity and confidence.

WHAT WE COVER

- Explore what change & transition is.
- Discover the three stages of transition & identify where they are now.
- Understand the biological & emotional responses that show up during change.
- Identify personal anchors that create safety during uncertainty.
- Practise tools that reduce overwhelm and build momentum through small, human shifts.

OUTCOMES

- Have a clear understanding of the part transition plays in change.
- Understand the biological and emotional responses triggered by change.
- Identify personal “micro stability” anchors.
- Practise tools that reduce overwhelm and build momentum.
- Strengthen adaptability, resilience, and self trust

Full day = in person
Virtually = two half days



Programme Outcomes



THE RESULTS

- A deeper understanding of the beliefs, biases and internal narratives shaping daily behaviour
- Tools to interrupt unhelpful thought patterns and shift into more empowering perspectives
- Increased awareness of how the brain reinforces old stories and how to rewrite them
- Stronger emotional regulation and the ability to respond rather than react
- Practical strategies for building new, supportive habits that align with desired identity
- Improved resilience through psychological flexibility and compassionate self talk
- A more empowered, self aware culture where people feel confident to grow, stretch and redefine what's possible

DELIVERY OPTIONS

Virtual + In Person
Hybrid

- Session 1: Virtual
- Session 2: Virtual or In Person
- Session 3: In Person or two virtual half days

Up to 40 participants per session

INVESTMENT

Full Programme (3 Sessions)
£4,900

Includes:

- Limiting Beliefs & Negativity Bias
- Harnessing Habits (Half Day)
- Change vs Transition (Full Day)
- Digital toolkits for all sessions
- 30 day email support
- Optional leadership add on

INDIVIDUAL PRICING

- Limiting Beliefs & Negativity Bias: £950 to £1,250
- Harnessing Habits: £1,200 to £1,500
- Change vs Transition: £2,000 to £2,400

Why Organisations Choose This Programme



- » Because people can't grow when their inner critic is louder than their potential.
- » Because performance suffers when unhelpful beliefs go unchallenged.
- » Because teams can't thrive when self doubt, comparison and fear shape behaviour.
- » Because real change begins with the stories people tell themselves.

This programme gives your people the awareness, tools and psychological flexibility they need to shift limiting beliefs, rewrite unhelpful narratives and show up with confidence and clarity.

Ready to strengthen the inner resilience of your organisation?

Let's build a culture where people understand their internal world, challenge old patterns, and step into new possibilities with grounded self belief.

Enquire now to bring the Inner Narrative Reset Programme to your team.

REACH OUT



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The Inner Reboot Podcast



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