

GROWTH REMASTERED

MASTERMIND PROGRAMS

RENEW YOUR MIND - CREATING A MORE FULFILLING LIFE

Learn how to break free from limiting thoughts and negative patterns that hold you back from living a fulfilling life. In this program, you'll learn personal growth, self-awareness, and mindfulness techniques to help you cultivate a more positive and joyful mindset.

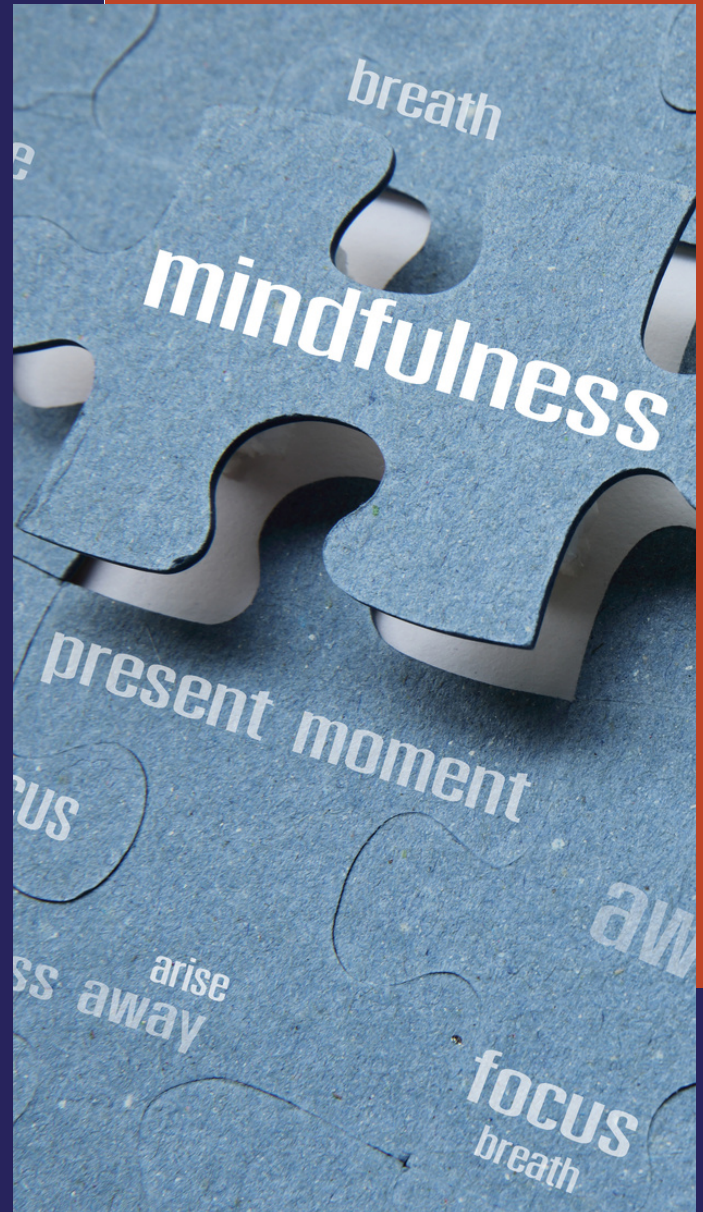
In this program, you'll discover how to:

- Identify and overcome obstacles that hinder your personal growth
- Build resilience and a more positive outlook on life
- Discover new paths to success and fulfillment
- Develop a deeper understanding of yourself and others

SESSION OUTLINE

- Session 1 – What's Your Groove
- Session 2 – Recognize Your Ruts
- Session 3 – Own Your Feelings
- Session 4 – Resurface
- Session 5 – Remix (Transform Your Mood)
- Session 6 – Forge a New Path
- Session 7 – Break the Chains

Invest in yourself and make more room to be renewed, refreshed, and inspired.



Date: Mondays

Time: 6:00 pm – 7:30 pm

Single Participant: \$500

Group (6-10 People): \$2500



[Register Now](#)



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