Change Your Mind...
Create New Results



Linda Lange

+49 15678 839943

LindaL@neurochangesolutions.com

OFFICIAL

Dr Joe Dispenza

NCS Consultant

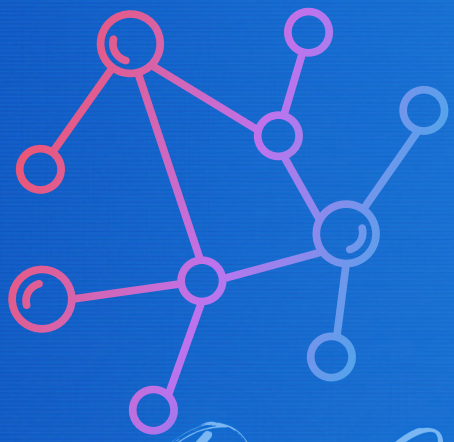


Table Of Contents

Introduction to the Program I 3

Dr Joe Dispenza I 5

The Science in the Program I 6

The Impact of Burnout I 7

Content of the Program I 8

Delivery Options I 10

Testimonials I 11

Linda Lange I 12

Changing Organizations

FROM THE INSIDE OUT

Imagine a future state where your organization is filled with individuals who are less stressed and willing to change so they can become more engaged, creative, and productive.

How would that transform your organization?

With NeuroChangeSolutions' unique neuroscience-based Change Your Mind...Create New Results workshop and follow-up coaching, you can discover what top organizations throughout the world have learned: Change IS possible.

WHAT WE SOLVE

> Reduce stress levels and burnout rates

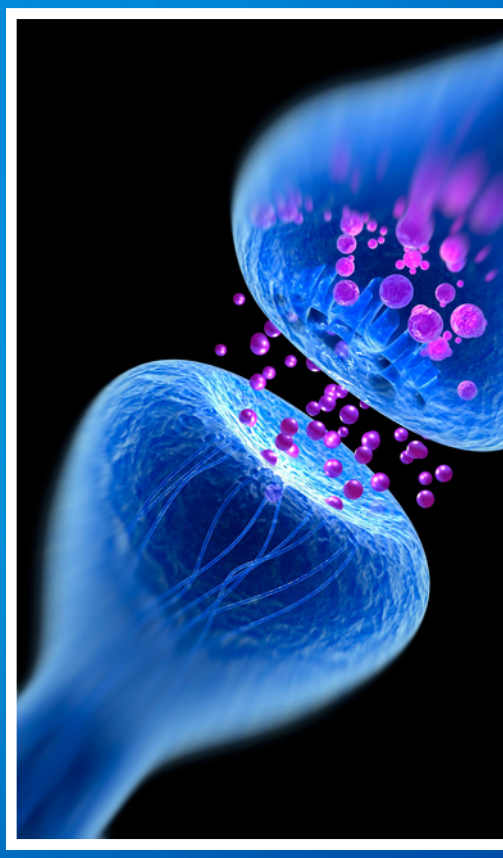
> Improve employee engagement and retention

> Create a more positive culture shift

> Prepare your organization for change

> Enhance creativity, collaboration and innovation

> Enable employees to step into their power and stop thinking & feeling like victims.



THE NCS SOLUTION

Based on the work of Dr Joe Dispenza, and grounded in the rapidly evolving field of neuroscience, our program, Change Your Mind...Create New Results (CYM...CNR), has created breakthrough experiences for many companies and businesses throughout the world.

Change is always around us, it's a part of life, but positive change is intentional. So after 30 years of research by Dr Joe Dispenza, with his team of scientists and researchers, this program was created to demystify the process of change and transformation in a simple way.



This training program is designed to evolve your organization. The ability to achieve your vision comes down to having people think and act differently, which leads to making different choices and doing things differently.

It’s time to help your employees take back their time, power, and lives so they can reimagine what is possible for themselves and live to their fullest potential.

This program has been trained in many global companies and organizations. We can support you and your company towards a successful transformation and help you move with confidence towards your future vision.



ABOUT THE PERSON BEHIND THE SCIENCE

Dr. Joe Dispenza is an international lecturer, researcher, corporate consultant, educator and New York Times best-selling author.

He has taught thousands of people, in more than 32 countries on six continents, how they can re-wire their brains and re-condition their bodies to make lasting change.

Dr Joe Dispenza has given on-site lectures and workshops to organizations and corporations interested in using neuroscientific principles to boost employee creativity, morale, innovation, creativity, and more. This led to the development of his organizational training program, Change Your Mind...Create New Results.

The result? Increased performance and business results.

He has personally trained and certified over 180 consultants globally, including Linda Lange, who teaches his model of transformation to innovative organizations and individuals.

Watch his 3 minute CYM...CNR introduction video: CLICK HERE

NEUROSCIENCE

The latest neuroscience research helps us to understand that many people are not even aware that they have a mindset that limits them from being able to fully embrace change. This is because 95% of the time they are acting on autopilot, completely unaware of the beliefs and filters programmed into the grey matter of their brain over the course of a lifetime.

However, exciting new research in neuroscience has demonstrated that we are capable of change. We can literally rewire our brains and swap old, outdated limiting beliefs for new, empowering ones, clearing dusty filters and broadening our lens of reality.

Every year, organizations invest billions in new training that fails to produce the desired results. Why? The primary reason is a misunderstanding of how to produce sustained change. Change requires altering neuropathways in the brain. The neuroplastic nature of our brains allows us to learn new ways to think, act, feel, and be in the world.

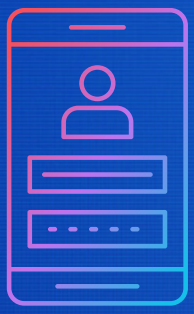


Learning new information is the first step in enabling a new way of thinking — a new mindset.

But it's not enough to just learn new information. By thinking and acting in different ways, new choices appear that we may not have recognized previously. With these new choices comes new ways to act and behave. This, in turn, opens us up to new experiences. The end product of any experience is an emotion. To produce lasting change, therefore, we must engage the emotions that — until now — have shaped our lives, and connect new emotions with new experiences. The result?
We are able to step into a new future.

75% of people have experienced burnout at work, with 40% saying they've experienced burnout specifically during the pandemic (FlexJobs, 2020).

Individual Impact



Work-Life

53% of workers are working longer hours, making unplugging from work that much harder and increasing feelings of burnout (Indeed, 2021)

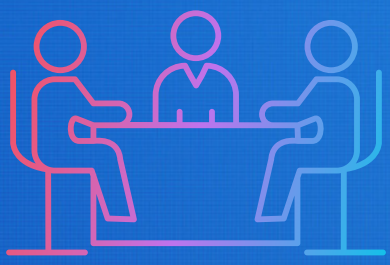
Relationships

83% of employees say burnout can negatively impact personal relationships (Deloitte, 2015)

Stress

46% of UK workers feel 'more prone to extreme levels of stress' compared with a year ago (Mental Health UK, 2020)

Business Impact



Absence

Workers report about four times more unplanned absences due to poor mental health than do their counterparts who report good, very good or excellent mental health. (Gallup, 2022)

Turnover

Half of millennials say they have left a job specifically because they felt burned out (Deloitte, 2015)

Wellbeing

Just 24% of workers strongly agree that wellbeing is cared about by their employer. Retention, burnout and brand advocacy link to this employee sentiment. (Gallup, 2022)

The Change Your Mind... Create New Results interactive workshop developed by Dr Joe Dispenza and NeuroChangeSolutions and taught by certified NCS Consultant Linda Lange is an experience like none other.



It uses a dynamic combination of science, videos, and in-class practices to teach you how to maximize the most powerful tool available: Your brain.

CYM...CNR TEACHINGS

> What stress truly is and how to transform it

> How the brain works and why this is important for change

> The relationship between your biology and your behaviour

> How to set your energy free and create a life you love

> How to access and express your full creative potential

ADDITIONAL RESOURCES

- Change Your Mind... Create New Results workbook designed by Dr Joe Dispenza
- A Journal to use for the 30 days following the completion of the course as a part of the powerful transformation
- Audio download copies of all videos shown of Dr Joe Dispenza throughout the event
- Audio download copies of two meditations shared at the event for your personal use

Note: These workbooks and meditations are not available for purchase at any other event.

Detailed Learnings:

- The basics of how your brain works and how it affects you
- The neurological basis of your personality
- How your personality creates your personal reality and what your past has to do with it
- How stress affects your perception of your reality – and therefore your decisions
- How to reduce stress effectively and easily
- What habits are and why changing them is important
- How the connection between your perception, your body and your reality works
- How to teach your brain to work in a new, better way
- How to improve your performance
- How to achieve all your goals
- How to unleash your potential
- How to become the best version of yourself - in theory and practice



Program participants will:

> Identify changes they want to make in their lives
> Learn new models for change based on neuroscience
> Discover what it means to “live in survival or creation”
> Become acquainted with the “three brains” and their role in the change process
> Incorporate each lesson to activate the neurological and biological process for change
> Apply each of these principles to effect personal change
> Practice 4 tools for change

FULL FLEXIBILITY FOR YOUR BUSINESS



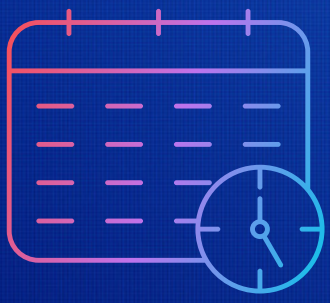
Delivery

The program can be delivered in person or online. Depending on the approach, it is more suitable to be deliverd in one or multiple training sessions. Linda can deliver the program in English or German.



Location

The program can take place in suitable premises in your company. It can also be carried out off-site in a neutral, pleasant hotel or conference center.



Availability

The program content covers full 2 days (~12 hours teaching excluding breaks).
It can be adapted to your needs, to the size of the group, to your desired goals and the possible time frame.



Testimonials from my Open Online Training:

"If you want to change and can‘t do it just by yourself, this is what you need. After this program, you will understand yourself better." Anke, Manager

"There is so much helpful information to understand how the brain and the body work and how your thoughts can change your personality. Now I understand much more than before." Susan, Coach & Consultant

"For those feeling unhappy and wanting to find ways to be happier, this program is a game changer." James, Business Owner

"To anyone who wants lasting changes take this program because when you fully understand how your brain works, you have the tools to change. The change will be easy for you." Sarah, Podcast Manager

Find more in depth testimonials HERE



Many Global NCS Clients have provided us with their feedback after deploying the CYM...CNR Program in their business or company.

Find some of their testimonials HERE



Linda Lange

Energy Expert, Podcast Host & NeuroChangeSolutions Consultant

Linda Lange is an Energy Expert helping high-performing professionals to overcome burnout once and for all.

Now after more than 20 years in the corporate world, she serves her community as a qualified Coach, certified NCS Consultant and host of the Raise Your Energy Podcast.

Linda experienced burnout a few years ago and not only recovered but changed into a version of herself that will never burnout ever again. Now she spreads the word about how everyone can do it.

+49 15678 839943
LindaL@neurochangesolutions.com
www.lindalange.com
www.raiseyourenergypodcast.com

LinkedIn: @thelindalange
Instagram: @thelindalange
YouTube: @thelindalange
Facebook: @thelindalange
Pinterest: @thelindalange