

## Purpose-full Performance Programme

Unlock the transformative power of purpose as you embark on this flagship three-day journey designed exclusively for senior and executive leaders. Experience The Mind at Work's groundbreaking insights and practices and discover how to unlock the full potential of purpose in yourself, your teams and your organization.

This programme dispels common myths about purpose, providing a clear, actionable framework and practical tools. Whether you seek to enhance your leadership impact or foster greater alignment and performance in your organisation, this is a rare opportunity to explore purpose in profound and meaningful ways.

### Why attend?

Collaborate with a diverse group of senior leaders who are equally curious about exploring how purpose can transform their leadership, their teams and their performance. This open-hearted, collaborative event combines:

- Active discussions that challenge and broaden perspectives.
- Knowledge sharing that inspires fresh insights.
- Practical tools and hands on activities that bring purpose to life.

Together we will delve into the critical interplay between **Purpose**, **optimal human state** and **sustainable performance**.

Purpose - - - - State - - - - Performance



## Programme highlights:

You will leave this transformational experience with:

- **Heightened Purpose Awareness:** Deepen your understanding of both limited and expansive purposes, unlocking the self-knowledge needed to drive purpose-full performance.
- **Purpose Generation Mastery:** Learn techniques to generate purpose within yourself in any situation, building resilience and sustaining motivation.
- **Purpose-full Behaviours:** Gain insights into how purpose shapes behaviours and acquire strategies to cultivate and sustain purpose-full practices in yourself and others.
- **Team Facilitation Mastery:** Acquire skills to empower your teams to perform at their best, fostering a thriving performance culture.
- **Vision Clarity and Engagement:** Elevate your vision and purposes while mastering the art of engaging and inspiring others to align with them.
- **Transformational Meeting Facilitation:** Develop the ability to turn meetings into dynamic, empowering, and collaborative sessions that drive purpose-full outcomes.
- **Purpose-full Leadership Practices:** Lead with purpose to ignite engagement, accountability, courage, and creativity in your teams and organisation.

*“The meaning of life is to give life  
meaning.”*

*~ Viktor Frankl ~*

*The meaning of work is to give  
work meaning.*

*~ The Mind at Work~*

## Programme Outline:

### Day One

#### Purpose and You

- ◆ Develop inner "Purpose Awareness"
- ◆ Recognise how purpose guides and motivates you.
- ◆ Learn the art of self-motivation by generating powerful purpose states that sustain you.
- ◆ Discover purpose and meaning even in challenging situations and relationships.

### Day Two

#### Leading Purpose-fully

- ◆ Recognise how purpose and meaning motivate others.
- ◆ Expand your capacity to engage, empower and guide others.
- ◆ Build accountability and resolve differences by aligning shared purposes.
- ◆ Use feedback as a practice to elevate purpose-full performance.

### Day Three

#### Purpose-full Performance

- ◆ Apply purpose-full practices to everyday leadership challenges.
- ◆ Transform meetings and projects with purpose-full approaches.
- ◆ Lead purpose-fully to create environments where purpose-full performance thrives.

### Participant feedback:

"I have a new energy and a sense of being able to serve and contribute better."

"Our three days together has forever changed my approach to the big and small triggers at home and in work. I feel remarkably calm, and my head is less cluttered."

"As I reflect on the programme, I strongly realise that it has brought me a fresh lease of energy and calm to enjoy life. I have missed that for a few years now."

### For further information:

[purpose-full@themindatwork.co.uk](mailto:purpose-full@themindatwork.co.uk)

[www.themindatwork.co.uk](http://www.themindatwork.co.uk)



Purpose-full performance