



**Evelina Dzimanaviciute**

L&D Coaching  
Mindful Hypnotherapy  
Evolutionary Neuroscience  
NLP Therapy

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[www.BeYourLight.co.uk/MindBoost](http://www.BeYourLight.co.uk/MindBoost)

Improve Your Mental Performance

Increase Productivity

Enhance Your Memory

Achieve Your Goals

**MindBoost**



Thrive with Challenges and Changes  
Create Happy Work-Life Balance

Book Your place online: [www.BeYourLight.co.uk/MindBoost](http://www.BeYourLight.co.uk/MindBoost)

## What is this course about?

In a modern environment with constantly increasing **social and corporate demands**, many of us find ourselves sucked into an **endless rat race** with no escape, **stressed** and overwhelmed by **information overload** and growing **expectations** to achieve.

We often get lost in a busyness of everyday lives, losing count of years passing by, doing uninspiring jobs and fuelling the feeling of **not being good enough**.... Endless life routine creates a circle of **procrastination** and a **lack of motivation** to achieve your goals. Hard work affects your **memory, health** and **work-life balance**. With a lack of creativity and difficulty to commit to your intentions, you find yourself being too busy to achieve what you really would like to, with no energy left to fight for your dreams and search for true meaning.

**The ultimate result – existence at the same level of performance and productivity, and a feeling of not being able to live up to expectations and our true potential.**

Feels familiar?

The bad news is that intensity of the information around you, social and economic pressures and **stresses are likely to continue** to grow to ever more overwhelming levels.

But there are the good news too – the latest science and research can provide us with innovative ways to **cope and even excel under the pressure**.

**This course is here to show you how!**

This course is here to bring that balance, positivity and control back into your hands!



It is about addressing the issue of growing social and corporate demands as well as information overload, by teaching you how unleash the power of your brain to boost productivity and creativity, improve performance, and upgrade your mindset so that you can excel under pressure and achieve your personal goals or corporate targets while still having healthy work-life balance!

Recent Neuroscience demonstrates that **capabilities of our brains** go far beyond the limited conscious brain. However, this tremendous capacity and health of our brain is limited by the way we are taught to **read, learn and think** at school, and then further shaped by corporate working environments and rigid expectations.

This unique course incorporates PhotoReading skills with practical techniques from NLP, Neuroscience, Interpersonal Neurobiology and Business Coaching, **to forever transform the way you read, learn and achieve your goals** by accessing new levels of limitless brain power.

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## What will it bring me?

- This course will bring you a choice of **options** of how to approach decisions in your life, and how to **navigate the information** out there to **achieve your goals**.
- It can help you to create **motivation, confidence** and positive attitude, rediscover **purpose** in your career, and take proactive steps to create a **fulfilling lifestyle** that ensures **efficiency** and **productivity**.
- It will teach you the knowledge and practical skills needed to maintain your **mental performance, memory** and **healthy brain for a lifetime**.
- It is a workshop that provides a glimpse into **unlimited capacities** of our sub-conscious mental **potential**, creates safe space for your dreams and freedom of **creativity**, as well as a practical guide to equip you with a simple, every day **strategies**, so that you are able to shift from the mode of endless procrastination to the **mode of doing**.
- This course shows you a way to **escape monotony** and corporate pressures and equips you with the skills to feel motivated, empowered, and in control of your own destiny.

You don't have to be just a passive observer of uninspired life passing by! This course is a collection of best coaching tools, and it will equip you with new skills to embed your commitments into reality so that you can create your own success story on your terms!

The combination of theory with practical applications to embed it into your daily life and work routines are **guaranteed to bring you results** – and if after attending the course you are not satisfied, you are guaranteed your money back!

## Am I the right person to attend?

- Are you open to **new possibilities** and keen about self-improvement?
- Would you like to learn how to deal with **conflicting demands** and establish better work-life balance?
- Would you like to be able to **effortlessly navigate the overload of information** in order to apply it in practice?
- Would you like to sharpen your **concentration**, improve **memory**, and **reading speed**?
- Would you like to know how to **achieve your true potential**?
- Would you like to **stop procrastinating**, and have clear **action plan** to achieve your goals?
- Are you willing to learn new information and skills to look after your **health** and ensure long-term **mental performance**?
- Would you like to know how to **create new healthy habits** and **overcome stress and anxiety**?
- Would you like to **feel good about yourself** and what you do, and finally achieve your personal, academic or corporate goals?

What would it mean to you if you were able to do that? What would it mean to you to be able to take control of your own career and life journey? And most importantly...

Are you ready to take action to make it happen? Then this course is for you!

## How exactly this will be achieved?

Your journey begins as soon as you book the course! You will receive access to eLearning module for building resilience and ways to thrive in stressful environments, two learning manuals with all the theory you need, action worksheets pack, and access to Facebook group to share your experiences with likeminded people and receive support on your journey for many years to come. Workshop is full of practical learning and development applications to ensure you are able to apply each bit of knowledge in your personal, corporate or academic environment. Below is a full course structure, outlining the main 8 learning modules towards the transformation.

- 1. Neuroscience – what really drives us?** The crucial starting point for self-development and improvement is the understanding of basic brain neurology and evolutionary developments of our ‘reptilian’ and ‘mammalian’ brains, that explain how we learn, process new information, and react to the circumstances today. In this first module you will learn what drives our subconscious habits and behaviours and how to adjust your physical environment for a stress-free state. You will learn how to balance your mind and body to manage our inner emotional states as well as physio-biology that are needed for optimum performance and resilience to life’s changes and challenges.
- 2. Lifestyle Patterns – how to use it to our advantage?** In this module you will learn how the modern lifestyles affect your mental and emotional states, memory and concentration. You will learn about circadian and ultradian rhythms of your body and how to use it to your benefit. You will learn how to create the best daily routine to ensure the best mental performance as well as acquiring some practical exercises to turn stress into a positive energy.
- 3. Memory – how to enhance it?** In this module you will learn how our memory works and how sleep and day-dreaming states are crucial in consolidating our memories. You will learn some tricks to instantly enhance your short-term memory, as well as more elaborate techniques to improve your long-term memory, information retention and ensure the brain health.
- 4. Subconscious Influences – how to regain control?** This module will teach you how a subconscious, suggestive learning and subliminal influencing takes place, and how to create an open-minded receptive states with a specific intention and purpose. You will also learn how this neuroscience knowledge about subconscious capacities of our brain is often exploited by marketing to influence our decisions and what we can do to take the control back.



**5. PhotoReading – How to use the power of subconscious to process the information?** The gem of this course! Learn the ultimate power behind one of the most advanced learning techniques, enabling you to take in up to 25,000 words per minutes of printed material utilising the power of your subconscious, as well as increasing your conscious reading speed 2-10 times your current speed. You will also learn many different ways to search for and work with information depending on the purpose, and will have an opportunity to practice all of those skills in during the course.

If you are working on a specific project, you can bring up to 7 books of your own, that you will read and research over the course. Alternatively, books will be provided for you to learn this skill.

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6. **Flow – the state of ultimate creativity and performance.** We have all experienced the state of complete immersive creativity and productivity, where the time stands still and we surprise ourselves by suddenly creating something we didn't think is possible. In this module you will learn conditions that are needed to create those states intentionally, by harmonising neural activities of our right and left sides of the brain, as well as by utilising your physical environment and balancing discipline with creative brain-storming.
7. **Goal setting and Strategy – how to make things happen?** Learn how to elicit your vision and to implement it into a personal, strategic, step-by-step plan to turn it into reality. Discover pre-emptive strategies in your action plan, in order to foresee and prevent possible issues in advance. There will be smaller action plans throughout the course, as well as optional personal coaching session after the course to ensure your learnings are applied to your reality.
8. **Motivation and Positivity – how to create and maintain?** While having knowledge, skills and a strategic plan is a very important part of your success journey, but it will not deliver results by itself if you don't act on it! To help you kick-start your actions, you will learn some mind-tricks to keep you in a motivated and positive state of doing. You will find how to free your mind from some limiting beliefs and transform your mindset from one of endless procrastination to the one of action. The mindset that will effortlessly drive you to achieve your goals after the course.

## Where and when?

This course is delivered in the form of an intensive 2-day weekend workshop.

It is based at a beautiful riverside location in central Windsor, at the business centre of Sir Christopher Wren Hotel & Spa, Thames Street, SL4 1PX.

The next course date: **Saturday 7<sup>th</sup> – Sunday 8<sup>th</sup> October, 2017.**

The workshop times are 10:00-18:00 on both days. It also includes lunches and deserts on both days, hot and cold drinks, snacks throughout the day, as well as learning manuals, action plans, worksheets, and all stationery.

Free parking available on request, as well as an opportunity to upgrade it into a residential retreat with an overnight stay and breakfast.



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**Evelina Dzimanaviciute** is a Learning & Development Coach, Master NLP therapist, and Mindful Hypnotherapist, translating neuroscience research into practical applications to improve your performance, wellbeing, and happiness.

Evelina has been studying various aspects of psychology and neuroscience in order to find the answer about the difference that makes the difference between certain people who thrive and grow with challenges, while others crumble faced with the very same experiences. The idea for MinBoost course was born out of the observation that the most successful people have different approach to learning and the way they process the information, as well as a capability to cope with pressures, act on intentions and turn goals into reality.

In search for answers over many years, Evelina has been working with various successful people in business, as well as supporting the most vulnerable individuals with mental illnesses and suicidal tendencies. Her research in psychology and neuroscience combined with the real-life observations, studies of neurological patterns and social habits, allowed Evelina to create her own successful approach to build resilience and confidence in their clients to enable them to face life changes with confidence and control. As the creator of Sponfidence™, she has found a unique way to integrate therapeutic aspects with life coaching strategies.

Evelina's experience and knowledge means she can guarantee that you will get results out of her services, and will work with dedication and passion to support you along the way. To give you a complete peace of mind about making the decision on this investment, you have a 60-day money back guarantee after attending your course!



**Corporate services:** This course's full content or any of its separate modules can also be tailored to any business needs to boost productivity, creativity, efficiency and wellbeing of your employees. It is provided with a specific focus on targets and results that are expected of your team. Those targets are established via a complimentary executive coaching and assessment session.



Evelina is running regular courses, events and workshops – please visit the website or follow the Facebook page for training and events schedule. Evelina is an inspiring public and in-house speaker, presenting on various topics of self-development, mindfulness, work-life balance, anxiety and stress, resilience and confidence, amongst many others.

Please do not hesitate to contact Evelina if you would like any further information about other courses, events and services provided by BeYourLight.

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