



SPECIAL !
After Program Support
- 30 consecutive days

2 Day Mindworks Program BUILDING STRONG MENTAL & EMOTIONAL RESILIENCE

Dates : 8 - 9 September 2025

Rate : RM2600 / pax for 2 days program

Venue : Majestic Hotel, Kuala Lumpur



CURRENT PAINS:

Introduction:

- Most people feel **STRESSED** as they keep rushing from one task to another, with no time to **THINK**, .. **JUST DO, DO, DO**. They become **FEARFUL OF MAKING MISTAKES, GETTING SCOLDED, BEING SHAMED, WORRY** and start **DOUBTING** themselves. These accumulated **STRESS** show-up as; body aches, headaches, migraine, lack of appetite, gastric, insomnia, anxiety, depression, addiction, etc.
- These are created by the **LIZARD & LIMBIC BRAIN** resulting in poor **PRODUCTIVITY** and harmful **DECISION-MAKING** because of **POOR MENTAL + EMOTIONAL RESILIENCE**.

Learning Objectives:

- Describe** how chronic stress and cortisol impact mental, emotional, and physical well-being.
- Distinguish** between symptoms and consequences of stress, viz., anxiety, insomnia, and poor or harmful decision-making.
- Explain** the roles of the lizard brain and limbic system in triggering fear-based responses and emotional reactivity.
- Analyze** how unmanaged stress reduces productivity and resilience.
- Apply** the program Blueprint & Toolkit to strengthen mental and emotional resilience and enhance overall well-being.

Frances Penafort, PhD



OUR PANACEA:

Learning Outcomes:

- Articulate** the link of how chronic stress and cortisol impact mental, emotional, and physical well-being.
- Identify and Differentiate** between symptoms and its consequences of stress, viz., anxiety, insomnia, and poor or harmful decision-making.
- Explain** the roles of the lizard brain and limbic system and how they trigger fear-based responses and emotional reactivity.
- Evaluate** how unmanaged stress reduces productivity and resilience.
- Demonstrate** the application of the program toolkit to strengthen mental and emotional resilience.
- Develop** a personalised 30-day goal using the Program Toolkit to strengthen the PRE-FRONTAL CORTEX to enable extraordinary breakthrough results.

PROGRAM FACILITATOR

Dr Frances started the **MINDWORKS PROGRAM** in 1999, as she believed strongly in the Power of MIND. She spent years doing research and participating in workshops, both locally and overseas, to learn about how powerful the mind can be. One association that contributed to her growing knowledge was the Mind Science Association.

She became the President of the Selangor Chapter and led all of their workshops. **She achieved Unbelievable Breakthrough successes herself and also enabled her participants to do so.** She set up her own company called MW Professionals Sdn. Bhd. It was here that she conducted over 500 workshops locally, for both public and corporations. **One of her breakthrough success was to take the MINDWORKS program to 7 different countries in Europe and Asia.**

GPS PROFESSIONALS SDN BHD
In Person Workshop



EMPOWERING MINDS

POWER of OUR PROGRAM



20+ years of
experience and
proven track record



Science-based
theories and
methodology



Easy-to-use,
unique and
effective toolkit

PROGRAM OUTLINE

- ✓ Leverage the Power of Psycho Cybernetics
- ✓ Lizard Brain - how harmful it can be
- ✓ Limbic Brain - how harmful it can be
- ✓ Pre-Frontal Cortex – how Powerful it is

- ✓ Use a **BLUEPRINT** to:-
 - Break and Silence the Lizard & Limbic Brain
 - Strengthen the Pre-Frontal Cortex
 - Eliminate Stress - Relaxation Response
- ✓ Use a **TOOLKIT** to sustain for 30 days :-
 - Yellow Card, Affirmation, Visualization, 30-Day Success Book, Plant, Water Experiment, etc.

OUR PARTICIPANTS ARE THRILLED...

The Olympus Sales and Marketing Team set their 30- day goal as achieving a sales target of RM9 million. This target was set on 9th November. They used the MINDWORKS Blueprint and Toolkit in the office, everyday as a group. On 28th of November, they achieved their target of RM9 million. This is unbelievable, because it took them only 19 days to achieve their 30 day goal! Despite the tremendous stress levels, they are proud to state that they stayed positive and managed to hit an **ALL-RECORD HIGH SALES VALUE**.

Haji Hazri suffered from degeneration of the nerves. He sought medical help in China, England, Australia, and Malaysia. He heard about the MindWorks program and attended it. He practiced for 1 hour every day for 30 days, morning and night. He recovered and walked without any aid.



REGISTER NOW!