



Dates : 4th October 2025 (Saturday)
Rate : RM200 per STUDENT
Venue : Niju Co-Working Space SS2
20-1, Jalan SS2/61, 47300, PJ

**Inviting
STUDENTS 10-13 years !**

Full Day Mindworks Program

BUILDING STRONG MENTAL & EMOTIONAL RESILIENCE

CURRENT CHALLENGES:

- Most students feel **STRESSED** as they keep rushing from one tasks to another, with little or no time to **REST**.
- Students are trapped by numerous challenges such as:- exam pressure; bullying; building relationships; managing their time; lacking motivation; continuously distracted, etc.
- All these put a toll on their mental and emotional health. The accumulated **STRESS** in their bodies and mind then to make them:- **FEARFUL OF MAKING MISTAKES, GETTING SCOLDED, BEING SHAMED, WORRY ABOUT EXAMS** and **FEELING NOT GOOD ENOUGH**.
- These are created by the **LIZARD & LIMBIC BRAIN** resulting in poor **RESULTS** and harmful **DECISION-MAKING** because of **POOR MENTAL & EMOTIONAL RESILIENCE**.

Frances Penafort, PhD



OUR SOLUTIONS:

Students will learn how to

- **SILENCE** the **LIZARD & LIMBIC BRAIN**.
- Strengthen the **PRE-FRONTAL CORTEX** that will help them **THINK CLEARLY, THINK of SOLUTIONS, BUILD SELF-BELIEF, SELF-CONFIDENCE, MAKE SOUND DECISIONS**, etc. This will help them to Build **STRONG MENTAL & EMOTIONAL RESILIENCE**.
- Build up a **BLUEPRINT** for a 30-Day Successful Goal
- Use the **TOOLKIT** to sustain the 30-Day Goal

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. She has reaped amazing results for herself and also for her participants.

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

8.30am	Registration
9.00am	Briefing for Parents
9.30am	Ice-Breaker
12.30pm	Harmful Impact of Lizard & Limbic Brain (L&L) Games : Impact of L & L versus Pre Frontal Cortex (PFC) Formulate a 30-Day Goal
	Lunch
1.30pm	Silence L & L - Use BLUEPRINT
4.30pm	Strengthen PFC – Use BLUEPRINT Build My Personal 30-Day Goal – Use BLUEPRINT Sustain My Personal 30-Day Goal – Use TOOLKIT
4.30pm	Wrap-Up Key Lessons Confirm – BLUEPRINT & TOOLKIT to sustain 30-Day Goal



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 the 30-Day Goal :-

- Yellow Card, Affirmation, Visualization, Success Book, Plant, etc.

OUR PARTICIPANTS ARE THRILLED...

Before the MINDWORKS PROGRAM, my students were not participative, they lacked confidence in themselves, they refused to speak up to share their answers as they were afraid of making mistakes and of being shamed by their friends.

After the MINDWORKS PROGRAM, my students became more participative, they became vocal in the classroom. They improved their level of confidence. They were confident enough to speak and share their answers.

I am truly appreciative that the MINDWORKS PROGRAM helped my students so much.

Mrs C, Lecturer



REGISTER NOW!



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