



# The Mind at Play

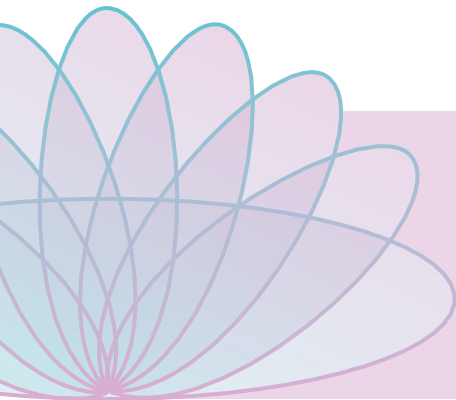
# The Mind at Play

*Harness your Potential*

We at Tranquil Minds understand how the mind works. We provide unconditional and non-judgmental spaces to explore the inner self and facilitate transformation. In order to do this, we combine the collective intuitive wisdom of our ancient past with modern scientific rigour.

Tranquil Minds is the culmination of the extensive experience of psychological and behavioural experts. Our team has a combined professional experience of over 5 decades. During this period, we

have helped numerous individuals and organisations realise their potential through exploration of their inner selves. Our unique NIXX methodology is an ideal platform to launch individuals and organisations into successful trajectories. Fostering meaningful relationships with oneself, people around and nature at large, form the cornerstone of our approach. Tranquil Minds takes pride in formulating non-linear solutions to complex human situations that emerge within organisations.





## AIMS AND OBJECTIVES

To equip participants with tools to understand the internal dynamics of the human mind and use these in their milieu intuitively.

## GROUP SIZE

Maximum of 15 Participants

## METHODOLOGY


NIXX™ Principles (eNgage, Interact, eXplore and eXperience) Principles

### Participants will:

- be able to contemplate multiple perspectives and be an effective leader.
- have the tools to hold meaningful conversations.
- take away our unique success template and implement it in their own milieu.

## FORMAT

**1**   
**SETTING THE CONTEXT**  
(30 minutes)

**2**   
**SCULPT YOUR REALITY**  
An Imagineering Journey  
(90 minutes)

**3**   
**MEANINGFUL CONVERSATIONS**  
Lost in translation  
(90 minutes)

**4**   
**SUCCESS SUTRAS**  
From chaos to clarity  
(120 minutes)

**5**   
**WIND DOWN & FEEDBACK**  
(30 minutes)



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