

"Whatever you think you are, you are always more than that"
(John Overdurf)

Whether you want to improve your business or personal life, Optimum Mind

We recognise that a systemic and holistic approach to training and coaching

You CAN become so much more than you think you are

Optimum Mind is a leading provider of the following coaching and training

Executive & Business Development

- Conflict resolution
- Positive communication
- Persuasion and influence
- Stress management
- Executive and Management coaching
- Integrative life coaching for professionals
- Leadership development
- Resilience building
- Key note speaking

Personal Effectiveness Life & Health Development

- Smoking cessation
- Weight loss and healthy eating
- Anxiety, phobias and more
- Mental Toughness sports coaching
- Stress management
- Personal resilience



World Class Training & Coaching

supported by the leading

National & International Standards

Organisations

Guaranteed!

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Met