



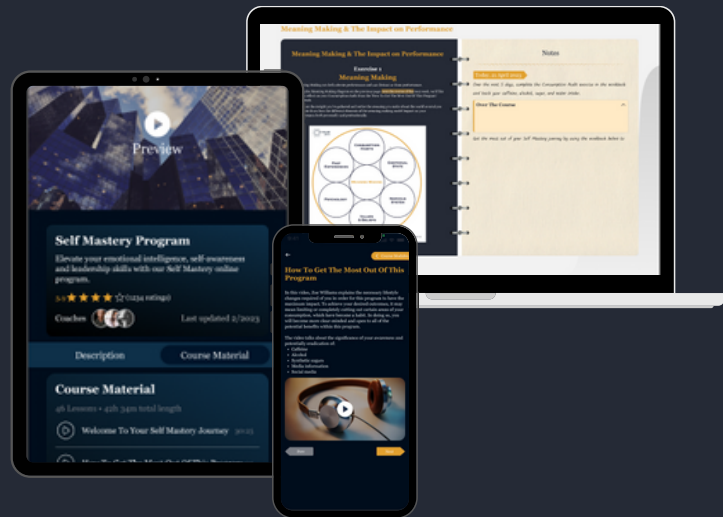
LUMINARY
Mindset™

SELF MASTERY

EMOTIONAL INTELLIGENCE PROGRAM
LUMINARY MINDSET™

SELF MASTERY

EMOTIONAL INTELLIGENCE PROGRAM LUMINARY MINDSET™



This program is designed to help you create a work environment where you and your teams feel empowered to self-lead. The Luminary Mindset™ Self Mastery Program will help you elevate your self awareness at a belief system level. This will allow you to see how your beliefs, values and consumption habits are currently influencing your behaviour and leadership. Self awareness allows us to choose our behaviour, this gives us freedom from the constraints of ourselves. We are then able to help free other people from their limiting constraints, unlocking value and potential in others.

This is about enhancing your leadership performance.

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WHAT'S INCLUDED IN SELF MASTERY?



MEET YOUR COACH

ZOE WILLIAMS CEO & FOUNDER, LUMINARY MINDSET™



Zoe Williams started her career as an accountant moving into director of internal audit and risk roles for FTSE 100 and Big4 Professional Services. Zoe applied her interest in humanistic behaviour and psychology to the strategic risk management environment. This resulted in her coaching executives and developing strategic risk management techniques for global FTSE listed companies that addressed leadership behaviour, culture and risk.

Luminary Mindset™ was built from Zoe's desire to help organisations understand the correlation between Emotional Intelligence, human behaviour and achieving exceptional performance and results. She is now a qualified Transformational Executive Coach, ICF accredited and has worked with FTSE 100 and ASX 50 CEOs and Executive Leadership teams. Her passion is in helping CEOs and executives create a performance culture that is designed to achieve exceptional performance outcomes through adapting the working environment and leadership behaviour of their organisation.

Zoe's belief is that with elevated EQ, altered belief systems around what is possible and a more creative and innovative approach to operating businesses - the future of the world can and will be positively altered towards environmental sustainability, fairer distribution of wealth and safer operations that outperform.

SUPPORTED BY THE LUMINARY MINDSET COACHING TEAM

Jacqui Holth Executive Coach



Jacqui brings a down-to-earth, practical and heart-led coaching and facilitation style to our team at Luminary Mindset. She is passionate about people achieving the outcomes they desire in all areas of life. Without the lense developed from a large corporate career background, she comes in with fresh ideas and perspectives, and an eye for uncovering blind spots in individuals and teams. Certified in Emotional Intelligence (EQi-2.0) and as an Mbit Coach (M Braining) she understands the link between the body and the mind, and uses systems and tools to support clients to create obtainable and sustainable skills and habits to increase their overall effectiveness, performance and satisfaction.

Marty Hassan Executive Coach

Martin (Marty) Hassan developed his skills as a consultant by coaching hundreds of leaders from CEOs right through to front-line leadership in Fortune 100 companies and on the world's largest capital projects. Marty is a Chartered Mechanical & Manufacturing Engineer, is Green Belt certified and holds qualifications from both the International Coaching Federation (ICF) and the Association of Project Management Professionals (APMP). His approach to executive and leadership coaching recognizes that all changes in culture or behaviour begin with changing how people see themselves, others and the world around them.



HEAR FROM OUR MEMBERS



Luminary Mindset really challenges the way you think as a person and a leader.

Zoe delivers her unique insight in a remarkably authentic & open context, enabling professionals & developing leaders to build their toolkit and grow confidence through self-awareness & understanding of others.

Zoe articulates her wealth of knowledge, expertise, experience & scientific understanding of the human brain & emotions in a very natural, genuine way that allows you to take so many learnings away & apply them to your world as a person, leader & coach.

SELF MASTERY WILL TEACH YOU...



Key emotional intelligence skills for elevated EQ



Improved self awareness



How to identify and harness your strengths



How to transform your limiting beliefs



Key communication techniques for uplifted performance within your team



How to uncover blind spots impacting your EQ



The power of positive psychology



How to combat negativity bias and *choose* your responses

FRAMEWORK OF MODULES

MODULE	LESSON	INCLUDES
1	HOW TO GET THE MOST OUT OF THIS PROGRAM	4 VIDEOS 3 TASKS QUIZ & REFLECTIVE QUESTIONS
2	MEANING MAKING & THE IMPACT ON PERFORMANCE	5 VIDEOS 3 TASKS QUIZ & REFLECTIVE QUESTIONS
3	EMOTIONAL INTELLIGENCE IN ACTION	2 VIDEOS 1 AUDIO 1 TASK QUIZ & REFLECTIVE QUESTIONS
4	THE EMOTIONAL INTELLIGENCE SYSTEM	8 VIDEOS 1 AUDIO 2 TASKS QUIZ & REFLECTIVE QUESTIONS
5	WHY WE RESIST CHANGE	5 VIDEOS 2 TASKS QUIZ & REFLECTIVE QUESTIONS
6	UNCOVERING YOUR BLIND SPOTS	2 VIDEOS 1 AUDIO 3 TASKS QUIZ & REFLECTIVE QUESTIONS

FRAMEWORK OF MODULES

MODULE	LESSON	INCLUDES
7	OUR BRAIN, NERVOUS SYSTEM & PERFORMANCE	2 VIDEOS 1 AUDIO 3 TASKS QUIZ & REFLECTIVE QUESTIONS
8	EMOTIONS & CONSCIOUSNESS	2 VIDEOS 1 AUDIO 1 4-STEP TASK QUIZ & REFLECTIVE QUESTIONS
9	YOUR STRENGTHS & IDENTIFYING BREAKTHROUGH AREAS	2 VIDEOS 1 AUDIO 3 TASKS QUIZ & REFLECTIVE QUESTIONS
10	BELIEFS	5 VIDEOS 1 AUDIO 3 TASKS QUIZ & REFLECTIVE QUESTIONS
11	CHOICE	5 VIDEOS 1 TASK QUIZ & REFLECTIVE QUESTIONS
12	THE END	4 VIDEOS

MODULE OVERVIEW

1

How To Get The Most Out of This Program

The first step of the Self Mastery Program is to deeply understand the benefits you'll receive if you follow the program as it's been designed by Zoe Williams and the Luminary Mindset™ team.



4 VIDEOS

1 HOW THE GET THE MOST OUT OF THIS PROGRAM

2 HOW TO USE THE INTERACTIVE WORKBOOK

3 INTRODUCTION TO THE EQI-2.0 ASSESSMENT

4 CLOSING VIDEO



TASKS

- 3 x Consumption Habit Tasks
- Quiz
- 8 x Reflective Questions

MODULE OVERVIEW

2

Meaning Making & The Impact on Performance

In this module, you'll find several videos from Zoe that discuss the concept of Meaning Making when linked to decision making, response and choice. Zoe will take you through the Meaning Making Model that we use throughout our coaching at Luminary Mindset™.



5 VIDEOS

- 1 MEANING MAKING & THE IMPACT ON PERFORMANCE
- 2 INTRODUCTION TO THE LUMINARY MINDSET™ MEANING MAKING MODEL
- 3 THE MEANING MAKING MODEL IN DETAIL
- 4 REDUCING MEANING MAKING: TOP 3 STRATEGIES
- 5 CLOSING VIDEO



TASKS

- 3 x Meaning Making Tasks
- Quiz
- 4 x Reflective Questions

MODULE OVERVIEW

3

Emotional Intelligence In Action

This module is designed to enable you to focus on your awareness of your internal thoughts and feelings. Self awareness is a key component of elevating your emotional intelligence. Gaining more control over how our thoughts impact our actions and therefore, using this information to make choices and decisions is a key element of uplifting our emotional intelligence and our performance.



2 VIDEOS

1 EMOTIONAL INTELLIGENCE IN ACTION

2 CLOSING VIDEO



1 AUDIO

1 EMOTIONAL INTELLIGENCE IN ACTION AUDIO



TASKS

- Audio Lesson Tasks
- Quiz
- 5 x Reflective Questions

MODULE OVERVIEW

4

The Emotional Intelligence System

In this module, you'll be looking at the Emotional Intelligence System. You'll learn about the EI System and how to use it to become more self aware and how it interlinks with the other areas of the system, including self expression and decision making. You will also be introduced to the EQ-i 2.0 test and have the opportunity to take the assessment as part of your Self Mastery journey.



8 VIDEOS

- | | | | |
|---|---|---|-----------------------------------|
| 1 | THE EMOTIONAL INTELLIGENCE SYSTEM | 5 | INTERPERSONAL EQi 2.0 MODEL |
| 2 | EMOTIONAL INTELLIGENCE IN CONNECTION WITH EQi-2.0 | 6 | DECISION MAKING EQi 2.0 MODEL |
| 3 | SELF PERCEPTION EQi 2.0 MODEL | 7 | STRESS MANAGEMENT EQi 2.0 MODEL |
| 4 | SELF EXPRESSION EQi 2.0 MODEL | 8 | CLOSING VIDEO |



1 AUDIO

- | | |
|---|---|
| 1 | THE EMOTIONAL INTELLIGENCE SYSTEM AUDIO |
|---|---|



TASKS

- 1 EI Task & 1 Optional Task
- Quiz
- 4 x Reflective Questions

MODULE OVERVIEW

5

Why We Resist Change

In this module, you'll find several videos from Zoe Williams that look at resistance to change and how this relates to your emotional intelligence. As well as being coached through some of the resistance you may experience when working through this program, you'll be introduced to the Luminary Mindset™ Levels of Consciousness framework and the Change Curve, which look at emotional states and the transition we make as we move through periods of change.



5 VIDEOS

1 HOW TO USE YOUR EQi-2.0 RESULTS

2 WHY WE RESIST CHANGE

3 THE LUMINARY MINDSET LEVELS OF CONSCIOUSNESS FRAMEWORK

4 THE CHANGE CURVE

5 CLOSING VIDEO



TASKS

- 2 X Resistance to Change Tasks
- Quiz
- 4 x Reflective Questions

MODULE OVERVIEW

6

Uncovering Your Blind Spots

In this module, you'll start to identify the areas of your emotional intelligence that may be impacting your overall EQ score. You'll be taken through a video lesson and audio session with Zoe to help you to uncover these blind spots and work through them.



2 VIDEOS

1 UNCOVERING YOUR BLIND SPOTS

2 CLOSING VIDEO



1 AUDIO

1 UNCOVERING YOUR BLIND SPOTS
AUDIO



TASKS

- 3 X Tasks to Uncover Blind Spots
- Quiz
- 6 x Reflective Questions

MODULE OVERVIEW

7

Our Brain, Nervous System & Performance

This module focuses on your emotional intelligence and the science behind it when it comes to your nervous system. You'll go through a video and audio lesson which will help to link together the way your brain and nervous system impact on your thoughts and feelings and then, your performance.



2 VIDEOS

1 OUR BRAIN, NERVOUS SYSTEM & PERFORMANCE

2 CLOSING VIDEO



1 AUDIO

1 OUR BRAIN, NERVOUS SYSTEM & PERFORMANCE AUDIO



TASKS

- 3 X Nervous System Tasks
- Quiz
- 4 x Reflective Questions

MODULE OVERVIEW

8

Emotions & Consciousness

This module introduces the concept of the Levels of Consciousness. You'll look at where you most commonly sit when in your 'comfort zone' and start to understand your different levels of consciousness and emotional states. This, in turn, improves your self awareness skills, allowing you to use the levels of consciousness to uplift your own performance.



2 VIDEOS

1 EMOTIONS & CONSCIOUSNESS

2 CLOSING VIDEO



1 AUDIO

1 EMOTIONS & CONSCIOUSNESS
AUDIO



TASKS

- 4-Step Audio Task
- Quiz
- 4 x Reflective Questions

MODULE OVERVIEW

9

Your Strengths & Identifying Breakthrough Areas

This module focuses on your strengths – identifying them and ensuring that you are maximising them to achieve the highest possible level of performance. Through the video and audio lessons, you'll learn about 'flow state' and creating motivation and inspiration as a leader by focusing on yours and your team's strengths.



2 VIDEOS

1 YOUR STRENGTHS & IDENTIFYING
BREAKTHROUGH AREAS

2 CLOSING VIDEO



1 AUDIO

1 YOUR STRENGTHS & IDENTIFYING
BREAKTHROUGH AREAS AUDIO



TASKS

- 3 x Identifying Strengths Tasks
- Quiz
- 4 x Reflective Questions

MODULE OVERVIEW

10

Beliefs

In this module, Zoe will look closely with you at belief systems and specifically, help you to identify what your beliefs are, where they have come from and why you hold them, and most importantly, which beliefs you hold that are not serving you in life and in your performance. By the end of this module, you will be able to identify your limiting beliefs and hold the tools to transform these into performance-enhancing beliefs.



5 VIDEOS



1 AUDIO

1 BELIEFS

1 BELIEFS AUDIO

2 SUPPORT FOR MODULE 10 TASKS

3 IDENTIFYING LIMITING BELIEFS

4 TRANSFORMING LIMITING BELIEFS

5 CLOSING VIDEO



TASKS

- 3 x Transforming Beliefs Tasks
- Quiz
- 6 x Reflective Questions

MODULE OVERVIEW

11

Choice

In this final module before the wrap up and ending to your Self Mastery program, Zoe takes you through some videos and tasks that look at the concept of choice when it comes to emotional intelligence. In the first video for this module, Zoe shares a powerful personal story that highlights the true power of gaining the ability to choose your mindset and manage your emotions. A key part of elevating your emotional intelligence.



5 VIDEOS

- 1 CHOICE - A PERSONAL STORY
- 2 REACTION VS RESPONSE
- 3 OVERCOMING NEGATIVITY BIAS
- 4 BREATH-WORK EXERCISE
- 5 CLOSING VIDEO



TASKS

- 21-Day Breath-work Task
- Quiz
- 8 x Reflective Questions

MODULE OVERVIEW

12

The End

In this final module, you will find a video from Zoe that recaps the last 11 modules, linking each of the concepts covered into our one system of emotional intelligence. In the final video, you can learn about ways to continue your self development journey with Luminary Mindset in our private network of leaders - PEEQ.



3 VIDEOS

1 RECAP OF SELF MASTERY MODULES

2 THE END

3 WELCOME TO PEEQ



TASKS

- Become familiar with PEEQ
- Join us at a live event in PEEQ

SETTING YOURSELF UP FOR SUCCESS

How to get the most out of this program



Give yourself plenty of time to work your way through each module. The program will uncover aspects that may put you in a place of discomfort. Allow yourself to feel this to enable you to elevate self awareness and overall EQ.



Commit whole-heartedly to the tasks and exercises within this program, starting with the consumption habits exercises in Module 1.



Come with an open heart and open mind, allowing yourself the development and growth that this program has been designed to achieve.



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Learn More

www.luminarymindset.com/self-mastery

Questions?

Contact admin@luminarymindset.com