



**CARLTON
LEADERSHIP**

MindWell RESTORED™



Sessions

Orientation: Reclaim Your Energy (Mindset & Mood)
Monday March 23rd – 9:30a – 10:30a PST

Awareness: Establish Your Optimal Baseline
Monday April 6th – 9:30a – 10:30a PST

Re-Patterning Your Stress Reflex
Monday March 23rd – 9:30a – 10:30a PST

Focus, Flow and Flexibility
Monday April 13th – 9:30a – 10:30a PST

Strategic Thinking Under Pressure
Monday April 20th – 9:30a – 10:30a PST

Sleep, Stillness, and Mental Hygiene
Monday April 27th – 9:30a – 10:30a PST

Emotional Clarity, Coherence and Connection
Monday May 4th – 9:30a – 10:30a PST

Who Should Attend

- Those who carry high cognitive load/work in demanding conditions.
- High achievers at risk of burnout.

Length

7-hour intensive, within a 7-week journey

Class Size

24

Format

In person or Live online

Locations & Pricing

Online / Eventbrite
Beaverton, OR
Eugene, OR
Seattle, WA
San Francisco, CA



Why Join the MindWell™ Series?

Rather than pushing through stress, you learn how to:

- Recognize early signals of overload, and **regulate your nervous system** in real time and under pressure.
- **Reduce stress-induced hormones** that prevent you from **losing weight**.
- Restore emotional clarity, and **improve mood and energy**.
- Build rhythms that support long-term wellbeing in demanding environments and **avoid burnout**.

MindWell™ techniques build neuroplasticity and sharpen focus. You'll apply research-based techniques that work immediately and receive highly personalized insights and strategies using a variety of validated assessment tools, reflective prompts, and live guided sessions.



"I came into MindWell feeling stressed, overloaded, and feeling stretched thin. Through these techniques, I learned how to regulate and gain control over external factors, make decisions based on what truly moves the needle, and stop procrastinating.

My thinking became clearer. My energy stabilized. Most importantly, I became more present with my team, my family, and myself. Conversations became calmer. My team responded differently because my presence changed."

— N. Gallegas, Director of Talent & Organizational Development, General Electric Co.

WHAT PARTICIPANTS SAY
ABOUT THE MINDWELL™

98%

would recommend this
program to others

99%

have been able to
apply techniques
within the first week

97%

say they are more
effective, focused, and
clear throughout
the day



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