



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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