

Decode your thinking
to unlock your true potential, your way!



MindArt

Let's Create Beautiful Possibilities!

WWW.CREATEMINDART.COM



WELCOME

Let me share with you a little “secret” that all great historical and present thinkers, philosophers, and high achievers have agreed to be a universal truth!

The secret revolves around this simple idea:

You are what you think.

English philosopher James Allen wrote:

“As a man thinks, so he is ; as he continues to think, so he remains .”

We live in a world of thoughts, our thoughts. Our thoughts create our experiences, and thus, we experience what we think. The quality of our thoughts creates the quality of our life.

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Introduction

How many times do you use the word “think” in a day?
How many thoughts do you get in a day?
How many of them are holding you back?
How many of them are moving you towards your goals,
your dreams?

Hi! I am Vandana Mohture and I am a Mindset Coach.

Let me help you become aware of your thinking patterns!
Let me help you discover how your thinking is limiting you.
Let me help you propel yourself forward with the right thinking!

Our minds are a powerful tool. We drive it with our thoughts. We set goals with the intent to achieve them however a fear of failure, fear of judgement or fear of unworthiness can creep in. Even small amounts of these emotions can breed a variety of negative emotions that hinder our success and performance.

Together let's extricate your mind – understand what you must hold on to and what you must let go of to create the life of your dreams!

Let me help you decode your thinking, your way. Let's make your mindset work for you! Let's unlock your true potential with the power of your thinking!



Our Mission



MindArt’s mission is to inspire you to be more than you ‘thought’ you could be.

We value love, trust, learning, sharing and collaboration.
We believe life is a canvas and together we can create beautiful possibilities with the strokes of a healthy mindset



- 1) Self-awareness skills to better manage your emotions and feel more confident
- 2) Clarity and direction to design a specific, measurable, achievable and relevant action plan
- 3) Mental resilience to better understand and manage stress and anxiety
- 4) Personal effectiveness with impactful communication and mindset of collaboration
- 5) Self-love experience by building trust and connection with self
- 6) Increased consciousness through mindful living

Who do we work with?

1) INDIVIDUALS -

DEFINE BOUNDARIES: Establish boundaries to reduce the feeling of confusion, restlessness and emotional drainage

FIND BALANCE: Boost productivity by eliminating stress and anxiety

INCREASE CONFIDENCE: Get faster results by overcoming self-doubt and procrastination

2) GROUPS -

BUILD TRUST: Intensify trust in self to experience trust in others; remove the feelings of being unsafe, unsupported and accused.

IMPROVE COMMUNICATION: Learn to be more present, listen actively and intently to master art of communication

ESTABLISH CONNECTION: Build meaningful relationships by eliminating self-sabotage and loneliness

3) ORGANIZATIONS/LEADERS -

MASTER INFLUENCE: Create conscious, empathetic leaders to manage confusion and chaos within teams

EMPOWER OTHERS: Empower, validate and applaud your team members to perform efficiently and achieve outstanding results

INSPIRE COLLABORATION: Encourage new idea creation, celebrate innovation and motivate growth mindset to curb lack of vision, autonomy and trust.

How We Go About it



1) Meta Profiling tool to decode your thinking style

This dynamic tool describes the intricate nature of your thinking pattern. Unlike personality, thinking styles can be developed over time to deliver outstanding results. Through this diagnosis, you will be able to understand your behavioral preferences and how they are getting in the way of achieving your goals. The beauty of holding this knowledge is that in understanding and unpacking it you can help identify and improve your many strengths and stretches.



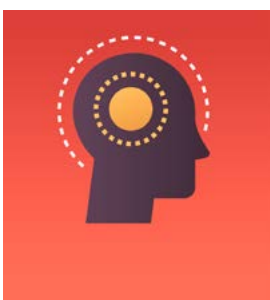
2) Finding the roots of your thinking pattern

Your thinking pattern is programmed to revolve around something deeply ingrained in your mind. Even when you think that your thoughts appear randomly without a sequence or an order, they are perfectly framed to resemble your core beliefs. Through our coaching sessions, you will be able to identify the source of a particular pattern, find out what triggers those thoughts and why they occur the way they do. Once you gain awareness of the core problem, you can cut the cords of the existing issue, and once you do, you will know exactly what tools to use to tackle the problem and detect its reoccurrence.



3) Understanding your emotions

Emotions are immensely powerful. No one can deny that emotions are a vital part of our lives. In fact, if you don't deal with your emotions and instead choose to suppress them, they're likely going to get worse over time. But when we allow emotions to meddle with our rational thinking, we completely lose control over our reactions to any kind of social situation. Acknowledging the emotions, accepting them, allowing them, and owning them helps us regulate our reactions to emotional thoughts.



4) Rebooting your thinking pattern

Realising the thinking patterns that are limiting you, you are now ready to let go of them or reframe them. Practicing mindfulness allows you to detach yourself from thoughts and emotions and view them as objects that float past you. Mindfulness allows you to reach a high level of awareness in which you become an observer of your thoughts and emotions and gain control over your reactions. In other words, you control which thoughts and emotions are worthy of your attention.

What is Meta Dynamics™?

What is Meta Dynamics™ Profiling Tool?



Meta Dynamics™ is the study of the structure of experience—or the ART—of knowing how people make decisions.

Developed by Sharon Pearson utilising over a decade of experience as an extraordinarily successful and influential coach, leader, trainer, mentor and business owner—Meta Dynamics™ revolutionises the next level of personal and professional evolution. It is the most innovative breakthrough in human behavior, and neuroplasticity, since NLP, based on the original work of Richard Bandler and John Grinder.

The Meta Dynamics™ Profiling Tool is your path to providing revolutionary results and answers for your life. Imagine having a framework that provides you the answers that you've never had.

The market is filled with tools and systems aimed to provide clarity on personality traits, but none describe the intricate nature of a thinking pattern and the thinking style each person has.

The Meta Dynamics™ Profiling Tool measures 16 dimensions and provides you with an exclusive window into your potential. By knowing why you do what you do you enables you to achieve new goals and evolve into the person you want to be. This 16-dimension questionnaire assesses your preferences, particularly in the everyday context. Each dimension refers to a specific part of thinking styles such as influencing, resiliency, outcome focused etc.

The questionnaire requires you to respond to behavioural statements such as “I influence people’s opinion” in terms of your agreement or disagreement with the item. Similarly to most personality and behavioural assessments such as the Occupational Personality Questionnaire and eDISC, the Meta Dynamics™ Profiling Tool also links back to the NEO-PI(R) Personality Test, MBTI and Big 5 model of personality which has long become a widely accepted model of personality and behavioural assessments for decades.

Why work with MindArt?

Our clients love the transformation they have undergone as they worked with us. They vouch that when you work with MindArt, you will:

- Gain a comprehensive thinking analysis to achieve clarity of your strengths and stretches
- Become aware of, remove and reframe limiting beliefs that are holding you back
- Explore, understand and modify unresourceful thinking patterns that no longer serve you
- Discover your emotional reactivity, identify the triggers and begin the work to reduce its effect on you
- Become cognizant of your deep-rooted beliefs, values and purpose and ensure they are in alignment of your goals
- Have a measurable outcome focused plan and a structured approach to achieve your objectives
- Create a robust internal world where you take responsibility of your actions and commitment to build the life of your dreams
- Appreciate human behaviour, understand communication styles and enhance relationships and personal influence
- Become mindful and grateful, rewrite stories with positive meaning, inspire kindness and compassion



Client Feedback



Betty Bockhodt

Mum of 2 with chronic physical malaise, New South Wales

What a priceless gift you give Vandana! You met me where I was but you didn't leave me there!! You encouraged me to rise above my mindset and see a different future for myself and my abilities. You actually listened whilst still teaching me skills that I still use today. Thank you so much for your dedication, empathy, and presence. I highly recommend you as a life coach.



Aditya More

Project Procurement, Volkswagen Group

I'm feeling much more confident and motivated. Yes, the challenges keep coming but whenever I'm stuck, I recall our discussions. Your sessions have made a huge difference and I'll always be thankful to you for that.



Radhika Ghare

Coding Instructor at WhiteHat Jr, Bangalore

I can't thank Vandana enough for her coaching that changed my professional life. It was that point in my life when I was thinking of restarting my career after a break of 6 years. I tried at many places but then there was no luck. That's when I had reached out to Vandana. After my coaching sessions with her, I realized the jobs that I am focusing on are not what I want. I targeted the job that I wanted and today I am in a much happier place. Enjoying my work and balancing my personal and professional life well. Thank you Vandana.



Aparna Dhok

Occupational Therapist, Sydney

She is simply amazing and has a very good understanding and sense of people's minds and thoughts. She makes very good sense in interpreting relationships and provide real valuable inputs to cause a change. At the same time, Vandana has a very gentle voice in approaching people while discussing their concerns which brings in calmness and comfort I felt. She is very good in providing direction and clarity. She reflects so much gratitude while conducting her sessions.



Rashmi Mehre

Security Engineer, Atlanta

Vandana is an insightful, empathetic life coach. She took the time to listen and understand my lifestyle and needs. She was able to help me drill down to the core issues that I needed to solve. She helped me think of and implement small, incremental changes to improve the quality of my life. I am further along in my journey because of her.



Your Mindset Coach

Vandana is an affiliative leader and has a strong natural desire to understand the drivers behind others' behaviour and what motivates them. She relishes getting to know people and demonstrates a keen interest in their perspective and thought process during discussions. A combination of these factors assists her in helping her clients move towards a particular outcome, or negotiate a new approach. With her experience of over a decade in high intensity environments of the IT industry, she is known to promote harmony, resolve conflict, create an emotional bond, encourage reciprocation, increase flexibility and generate team spirit. Having worked across India, US and Australia, she realizes that the one tool which can help everyone achieve their best and live in harmony with themselves and others, is a healthy mindset. She believes that a mindset of compassion, collaboration and gratitude helps establish deep connections and eases every transition in life.



To get an experience, get started on your **FREE mini meta profiling analysis here:**

Free Mini Meta Profiling

Use access code: H2UmlsJZJ0

Badges





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