



BlueChipMINDS
Virtual Masterclass

Life Reloaded

Live a better life

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Summary

A seven week self-lead, facilitator guided digital program limited to an intimate and diverse group of carefully selected members all committed to improving themselves and to live a better life.

You will:

- Understand essential psychology and neuroscience principles in the context of personal growth.
- Delve into the subconscious programming that defines you and your results.
- Deploy techniques based on neuroscience and psychology to shift outdated mindsets.
- Intelligently manage your energy to maintain strong physical, mental, emotional and spiritual foundations to flourish.
- Understand the social games and roles we play to help you move beyond drama into becoming a deliberate creator.
- Build lasting relationships with your cohort as you collect and apply tools and principles for your life today and into the uncertain future.

LOCATION

VIRTUAL CLASSROOM

The modules are delivered via an effective online platform giving you the flexibility to schedule your learning to your lifestyle without sacrificing the things that are important to you. Scheduled group sessions are held via video conferencing allowing you to participate from any location, on any device with a stable internet connection.

COMMITMENT

CONTACT HOURS

Program duration: 7 weeks.

Online modules and worksheets: 1 hr per week.

Group sessions: 1 hr every week.

Accountability partners: min 15 mins a week.

Private coaching: 60mins in total.

FORMAT

PROGRAM INCLUSIONS

- Intimate cohort.
- Seven virtual group sessions. {via Zoom Conferencing}
- Six online modules.
- Curated resources.
- Accountability partner.
- Peer coaching.
- 2 x 30 minute personal mentoring sessions.
- Digital Handbook and additional resources.

Designed around the idea that every single human being can truly live a better life, once they understand how to use their greatest assets; their Mind, Heart and Body.

Modules

KICK OFF



Meet your cohort and ensure you have everything you need to gain the most out of your time together.

MODULE 1



Identify holistically your current and future state of play and discover your unique opportunity for improvement.

MODULE 2



Based on the human sciences uncover and change inherited glitches. Develop a growth mindset to align yourself to your desired outcomes.

MODULE 3



Based on neuroscience learn effective frameworks for and take full responsibility for removing internal obstacles and form positive daily rituals.

MODULE 4



Shift thinking and control unwanted emotional reactions in stressful situations. Create positive and empowering outcomes in all of your relationships.

MODULE 5



Overcome the internal protective mechanisms designed to keep you safe, but keep you stuck. Design a "blueprint" for the life you desire and know exactly how to build it!

MODULE 6



Develop empathy, strengthen your perception, discover unique polarities to build collaborative and liberating relationships and mutually benefiting solutions to problems.

Why Life Reloaded?

PROGRAM LAUNCH

KICK OFF SESSION

Forge meaningful relationships with the rest of the members. This session will be the beginning of a new network which we hope will be core to your life's journey. We also want to make sure you have everything you need to gain the most from the program and we use this time to ensure all your initial questions are answered and you are familiar with the logistics and expectations of the group.

MODULE 1

CHALICE OF OPPORTUNITY

Be confident with your goals and intentions for the program as you are introduced to the five stages of adult development and the benefits of increasing your mental complexity. Reflect on the seven key areas of life to identify what is impacting your results in a positive way and what may be distracting you from achieving a your desired life.

MODULE 2

YOUR MIND MATTERS

Mindset plays a critical role in how you overcome your challenges. You will be given a complete understanding of the functions of your conscious, analytical and subconscious mind and the roles they each play in problem solving, focus, protection, and establishing productive behaviours. Use the fixed-growth mindset continuum to recognise where you can upgrade your thinking to enhance your life and tap into your unused potential.

MODULE 3

PRACTICE MASTERY

We will use neuroscience and the latest and greatest techniques to bring your actions in line with your desired results. We want you to understand the highs and lows of creating new behaviors and the mental models of a true master. We will guide you to create a mastery mindset with effective frameworks for positive habit and ritual formation.

MODULE 4

BEYOND DRAMA

We introduce two dynamic models to help you reload your thinking and better control unwanted reactions in stressful situations. You will learn how to identify the negative roles people play when faced with issues and problems. You will be given a complete understanding of how to switch to a more empowered approach to become a deliberate creator.

MODULE 5

FORTIFY THE FUTURE

Building on what you learn in earlier modules, you will be ready to discover your internal protective systems that are designed to thwart change. These two systems are linked to self sabotage and imposter syndrome. When fully understood they can be harnessed for greater success. To work with them you will create your personal blueprint and using the principles of neuroscience and psychology forge a future ready identity.

MODULE 6

IN THEIR SHOES

We use cutting edge theories on perception and sense making to equip you with a wide angle lens for making accurate decisions in an increasingly overloaded and complex world. You will have at your fingertips two models to help you make sense of polarising ideas, solve problems and tap into information most people believe to be inaccessible.

Blended Learning



Self study modules are delivered as training videos, mp3 recordings and a complimentary digital study handbook. Access the training online from any desktop or mobile device anytime and from anywhere that suits your schedule.



Live check-in sessions held via a Zoom virtual classroom allow you to fully integrate the content as you share insights, wins and challenges. Ask questions of your facilitator and the cohort to clarify the principles covered in each module.



Learning is a personal experience and is greatly enhanced with peer coaching and personal 1:1 mentoring sessions with your facilitator. These interventions allow you to explore the principles in a personalised and insightful way.

About Blue Chip Minds

Blue Chip Minds (BCM) is an organisation dedicated to helping individuals and businesses to unlock their hidden potential, achieve personal mastery, increase productivity, tune into flow and thrive now and well into the future.

BCM curated content provides education and application on what science is discovering about the human experience. All programs are evidence-based, bringing together the latest findings in: positive psychology, flow science, neurobiology, quantum theory, emotional intelligence, epigenetics and neuroscience.

BCM has worked with organisations in sectors including: banking and finance, entertainment, medical, logistics, technology, education, procurement, event management, health & fitness, manufacturing and retail.

Our programs have been taught in Australia, Singapore, Hong Kong, India, United Arab Emirates, United Kingdom, United States and Canada.

VISION

To be an integral part of building a world where organisations and individuals achieve exponential growth. Enabling everyone to make a positive impact in their team, family, social circles, community and the world we live in.

MISSION

Deliver world class, cutting edge, high-impact and practical workplace education and coaching so that everyone we teach is on purpose creating and contributing from a place of inspiration.



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