



**NEXT
LEVEL**



Life Reloaded

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BlueChipMINDS

PREREQUISITE

TO ENROLL YOU MUST HAVE PREVIOUSLY PARTICIPATED IN ONE OF THE FOLLOWING BLUE CHIP MINDS PROGRAMS,

- LIVE Life Reloaded Masterclass
- Life Reloaded Virtual Masterclass
- Mindset Mastery Program
- Thinking Into Results
- Private Coaching Client
- LIVE Rise Up Masterclass
- Rise Up Online Masterclass
- Positioned for Success Corporate Masterclass

Designed around the idea that you are more powerful than you think.

Summary

A thirteen-week self-led and mentor guided digital program shared with an intimate and diverse group of knowledge seekers, ready and equipped to deliberately create a better future and embrace the unknown.

You will:

- Take your current level of mental complexity to the next level.
- Purposely create daily practices and rituals to confidently ride the rhythm of life.
- Use your heart, brain, body and mind as tools for deliberate creation.
- Deploy ancient techniques rooted in science to tune into your desired potential.
- Intelligently navigate fear and uncertainty as you let go of outdated rules for living.
- Understand the immutable laws that govern our world. Work with them to create a brighter future for yourself and the world we share.
- Build lasting relationships with your cohort as you collect and apply tools and principles to take your life to the NEXT LEVEL.

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: 13 weeks.

Online modules and worksheets: 1 hr per week.

Group sessions: 10 x 1 hr sessions spread across 13 weeks. .

Accountability partners: min 15 mins a week.

Private coaching: 90 minutes in total (3 x 30 min sessions).

FORMAT

PROGRAM INCLUSIONS

- Intimate cohort.
- Ten virtual group sessions. {via Zoom Conferencing}
- Review of four foundational modules (covered in module 1)
- Seven NEXT LEVEL online modules.
- Accountability partner.
- Peer coaching.
- 3 x 30 minute personal mentoring sessions.
- Digital Handbook and additional resources.

KICK OFF



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

MODULE 1



A self led recap of key principles covered in four foundational modules. Review the modules before embarking on the path that takes you to the NEXT LEVEL.

MODULE 2



Create powerful morning and evening rituals that build self reliance and allow you to savor your unique human experience.

MODULE 3



Learn how to transform negative emotional reactions experienced in stressful situations into an unlimited power source for inspired action towards your goals.

MODULE 4



Manage uncertainty and anxiety. Learn how to courageously turn fear into triumph. A deep dive into VUCA (volatile, uncertain, complex and ambiguous) conditions and the hidden opportunities for growth.

MODULE 5



Understand the natural cadence of your brainwaves and learn how to deliberately change your state to match your tasks. Discover the natural states that promote relaxation, innovation, creation and alertness.

MODULE 6



Learn about Flow, it's triggers and it's role in creating optimal experiences in life. Understand the deeper meaning behind surrender. Use novelty and play as tools for living a life by design.

MODULE 7



Discover how to tune into your chosen potential. Apply quantum physics and neuroscience to adjust your energy levels to tap into hidden information that inspires action towards your self designed future.

MODULE 8



Understand the laws that govern the world you live in. Not man made laws, but immutable universal laws that govern life. Learn and apply this essential knowledge in your quest for a better life.

FINALE



Reflect on your learnings, clarify principles, celebrate your wins and get set to fully and courageously live your life on the NEXT LEVEL.

Why Life Reloaded **NEXT LEVEL?**

We are long past the industrial revolution, and swiftly moving out of the age of information. Now is the time for wisdom to shine, a time to turn knowledge and information into action and lived experience. WISDOM is the NEXT LEVEL

Life Reloaded - NEXT LEVEL exposes you to powerful concepts, principles and frameworks progressively throughout the program, giving you the opportunity to digest and apply what you learn. Learning deeply means learning slowly, this program is designed to give you the time to 'learn it and live it'. The group environment heightens your learning allowing you to connect the dots across all the principles covered. The program delivers broad and profound ideas, covering principles that govern your every move and your results.

Be inspired to continually break your own self defined rules, embrace fear and share your successes with a group of Mastery Minded Learners, people who know that information alone does not cause transformation. Together we will go beyond conventional boundaries and create a space for Wisdom to unfold naturally and progressively.

PROGRAM LAUNCH KICK OFF SESSION

This session sets the scene for our time together. Forge meaningful relationships with the rest of the cohort as you get set to level up together. See familiar faces and meet new ones that have the potential of becoming lifelong friends. 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

RECAP, REVIEW, RESET, RELAUNCH

Spend time recapping the principles found in our four foundational modules: 'Chalice of Opportunity', 'Your Mind Matters', 'Beyond Drama' and 'Fortify the Future'. Review your insights and reset your goals for the program. This time of reflection and remembering prepares you for the journey ahead.

MODULE 3

ADDICTED TO LIFE

Addiction has so many negative connotations, and rightly so. Most people correlate addiction with bad habits, yet few realise that we also become addicted and accustomed to the brains stress chemicals and the negative emotions they produce. In this module we will explore ways to transmute emotional addictions to anger, frustration, judgement and powerlessness into autotelic feelings of inspiration, determination and empowerment.

MODULE 2

FOLLOW THE SUN

How you start and end your day greatly impacts your short and long term wellbeing. This module gives you the opportunity to review your existing practices to ensure they are aligned to your future vision, anchor you to the present moment and set you up for daily and long term fulfillment.

MODULE 4

THE GIFT OF UNCERTAINTY

Fear is a byproduct of uncertainty and anxiety. Hidden below the surface of uncertainty is a gift of growth and awareness. In this module you will come to understand the steps that precede fear and learn how to effectively and confidently move from the known to the unknown.

Why Life Reloaded **NEXT LEVEL?**

MODULE 5

STATES OF CONSCIOUSNESS

Few people effectively use their states of consciousness as they were designed. This module explores the natural brainwave states of Delta, Theta, Alpha, Beta and Gamma and shows you how to deliberately alter your brainwaves to induce the best frequency for idea generation, problem solving, rest and recovery, learning and focus.

MODULE 7

CQ CQ CQ

Ancient tribes, sages and spiritual masters and now quantum scientists all point to a higher power or force you can tune into to create your unique human experience. In their own distinctive way each have uncovered and demonstrated the principles that tune into this force. In this module you will experiment with these principles to tune into your desired potential using your brain, heart and body as instruments of creation.

MODULE 6

PLAYFUL PLATAEUS

Optimal experiences are when you feel and perform at your best. These experiences (being in Flow) can become part of your daily life. The benefits of Flow are well documented. Learn how to purposefully set yourself up to experience the joy of life even when it feels like you've hit a plateau. This is your opportunity to understand optimal and peak performance and to deliberately inject your life with greater levels of surrender and play.

MODULE 8

LAWFUL LIVING

Seventeenth Century Mathematician, Astronomer and Philosopher Johannes Kepler said "Those laws [of nature] are within the grasp of the human mind; God wanted us to recognise them by creating us after his own image so that we could share in his own thoughts." Explore four key Laws of Nature and learn how to work with them to create harmony between you and your desire for a fulfilled life.

PROGRAM FINALE

DEBRIEF AND CELEBRATION SESSION

This is your opportunity to celebrate and share your successes. After thirteen weeks together you will reflect on the information you have learned and embodied. Together we tie up any loose ends to ensure you have the tools and support to live your life at the NEXT LEVEL with gratitude, awe, understanding, confidence, flexibility, sustained wellbeing and courage.

Blended Learning



Self study modules are delivered as training videos, mp3 recordings and a complementary 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 and services have been provided to people in Australia, Singapore, Hong Kong, India, United Arab Emirates, Austria, South Africa, New Zealand, Japan, France, Ireland, United Kingdom, United States, Brazil, Belgium 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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Embrace the Unknown



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