



Courage to Grow



Discover the Returns of
Investing in Yourself



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About Us

At The Power Within Training, we're dedicated to redefining leadership excellence.

For years, we've been guiding individuals and organisations to discover and refine their unique leadership approach through our bespoke courses.

Our philosophy is grounded in the latest advancements in neuroscience and cognitive and social psychology. This fusion of science and strategy helps you to find your very own leadership style.

Joining our leadership training journey means embarking on a path to think **bigger**, be **better**, and achieve **more**. Our courses go beyond conventional tests.

We cultivate focused, prepared leaders who are deeply committed to fostering a positive and productive team environment.

Our commitment is to facilitate your growth and transform how you and your business confront and overcome future challenges.

We champion accountability, resilience, and adaptability in the face of change.

At the heart of The Power Within Training is a passion for igniting and nurturing tomorrow's leaders. We're dynamic, compassionate, and relentlessly pursuing positivity and lasting impact.

We believe in challenging and expanding your perspectives on business, teamwork, and personal growth. With us, you'll unlock your unlimited potential and set the stage for achievements that surpass even your wildest dreams.

Join us, and let's make real change that lasts.



Our Method

At the heart of our approach lies a profound insight into the human condition, bridging the latest in neuroscience with ground-breaking discoveries in cognitive psychology.

This intersection reveals the key to unlocking our potential, opening our minds, and achieving unparalleled success: **Motivational Intelligence**.

Motivational Intelligence (MQ) is the art of overcoming negative thoughts and self-limiting beliefs to overcome obstacles and achieve goals.

It's a concept rooted in the most pivotal and extensively researched areas of social psychology, earning awards such as a Nobel Prize and being hailed as one of the twentieth century's top ten scientific breakthroughs.

But what truly sets Motivational Intelligence apart is its ability to answer the fundamental questions of 'why?' Why do some individuals excel where others falter?

Why can some adapt effortlessly while others are paralysed by change? Why do some give up at the first sign of challenge, whereas others persevere against all odds?

Success is not solely determined by intelligence quotient (IQ) or emotional quotient (EQ). The real game-changer is a high MQ.

This form of intelligence weaves through every monumental human achievement, every overcome challenge, and every story of resilience.

The stark difference between those who succeed and those who struggle lies in their level of Motivational Intelligence.

Recognised as the third and most impactful level of human Intelligence, MQ is the cornerstone of our methodology at The Power Within Training, empowering you to go beyond your limits and craft a legacy of success.



The Science Behind Motivational Intelligence

We define Motivational Intelligence as “the ability to motivate oneself and others” and we have identified two primary routes for practising Motivational Intelligence.

First, by identifying and managing negative thoughts and self-limiting beliefs. Second, by identifying and managing human needs. To teach Motivational Intelligence to our clients, we integrate the psychological science and neuroscience of motivation into our training programmes.

Our research has found that the psychological phenomenon known as the growth mindset strongly contributes to motivation and success across several outcomes in the workplace. Therefore, teachings of the growth mindset underpin our training programmes. Beyond the benefits of the growth mindset for driving success in the workplace, the growth mindset has been shown to benefit Equity, Diversity, and Inclusion by increasing the comfort with which people of different groups interact.

The latest neuroscientific research converges upon the theory that the brain is a “prediction-making machine”.

As a result, our training programmes combine this research with research on the psychology of motivation so that we can teach our clients how to leverage their subconscious processes to inspire increased motivation in themselves and others.

Scientific research is not just distilled and taught through our training programmes; it is the foundation.

We draw upon the findings from cognitive science and psychological “intervention” research to ensure our clients remember and apply their lessons in practice, making our programmes not just informative but also highly effective.



Courage to Grow

Congratulations on investing in Yourself – the greatest investment with the most wonderful returns you will ever make!

The question is: we can think and think as much as we want, but what is that one thing that makes our thoughts happen? What is it that needs to happen for something to become touchable?

Yes, we know it's action, but action alone doesn't make us happy in our creating.

Think about that **one thing that makes us want to create** what we want to. **What is that one thing that keeps us focussed?** That keeps us going on?

I challenge you to think of yourself having many ideas and thoughts at once – go on, imagine what it looks like inside your head!

Obviously, we can't do all at the same time.

Yes, we have to prioritise and choose.

Yes, we have to take action.

Yes, we need to keep going at it.

But, does it always work? No.

Does it bring you that deep satisfaction you feel when you know everything just flows and is perfect? That feeling you get when you want to laugh at how easy it seems? And how help and resources and people just lined up to make this thing happen?

What **was** that? What made that process different to the one where you dreaded each step, you struggled, you felt alone, you ran out of ideas or options or people?

It was LOVE.



Loving it into Existence

Think about it.

The first scenario, where everything just worked and flowed, was full of your love and excitement.

The second, difficult path was more fear-based. It **had** to happen a certain way, or else...

This is the perfect time to introduce the most profound and beautiful concept to you:

YOU CAN CREATE/HAVE WHATEVER YOU WANT BY **LOVING IT INTO EXISTENCE**.

Yes! By Loving it into existence!

What does it mean? It means that if you look at your desires through the eyes of LOVE, and choose the ideas you want where there is most LOVE present, you will WANT to have that become real.

Why? How does it work?

Easy! Think about it. What do you do when you LOVE something?

You think about it often, you want the best for it, you nurture it, you dream about it, you pay attention to it, you spend time with it.

This is you taking action!

This is you doing what it takes to make it real.
It is simply because it matters to you.

Read that again: **IF YOU LOVE IT ENOUGH, IT MATTERS!**

That is the result of your action;
it becomes matter.



Loving it into Existence

Now, think about your beloved pet or best friend. Did the bond just appear? No.

What had to happen for the bond to grow so strong that you would give your life for it?

Attention, nurturing, time, wanting the best for it. Dreaming about it (doing things together).

These are the elements that make you WANT to grow the bond. All while creating or growing a strong bond.

You see, your LOVE makes it MATTER more and more each day. More love, more matter.

Stronger bonds. Attention, time, wanting the best for it – and there, before you know, it is created.

No fuss, no drama, no effort – you love it, so it came about.

Now, this is true for anything and everything your heart desires.

Want a wonderful relationship? Love it into existence. Have the Courage to Grow it.

Want a beautiful house? Love it into existence. Have the Courage to Grow it.

Want a career you dream of? Love it into existence. Have the Courage to Grow it.

Want health? Love it into existence. Have the Courage to Grow it.

Want money? Love it into existence. Have the Courage to Grow it.

Anything you can possibly imagine is already yours. It is already inside of you.

The question is, **HOW** do I get it out?
YOU LOVE IT INTO EXISTENCE!



Loving it into Existence

Think about it. Just take a moment and think about it.

Wanting and loving are two very different concepts. You might want something with all your heart, but you don't sit with it, spend time with it, pay attention to it.

You focus on the fact that it is not there!

So, you fear it back into yourself.

That is not love. Fear does not create. It achieves the opposite of what you want!

You love things into existence!

If you want something because you **love** it, you focus on the thing and grow it! You love it so much that you dream about having it and what it feels like. You imagine how your life will be with it.

You imagine it there already, so what happens now?

You automatically start thinking 'as if', acting 'as if', feeling 'as if'. The action comes naturally, effortlessly.

With wonder and excitement and LOVE.

You start noticing that thing materialising (matter) right before your eyes, so you love it even more with your awe and excitement! And then it grows even bigger!

See the magic?

You imagine it, you love it, you have it.

By LOVING anything in this way, you cannot help but take INSPIRED ACTION because it is the most natural thing to do! This is LOVE in motion. Love flows, it fills, it feels, it flies, it follows.



Loving it into Existence

Now, where does this love come from?

From you – from your heart. From your being.
You are love, you have love, you live because of love! Love creates. Love expands. Love grows.
Fear does the opposite.

The most important thing to remember is that Love comes from within you, so you have to find it there first. You have to love yourself first.

Why? Because you have to love yourself into existence, first. The more you love yourself, the more you will expand in ways you now cannot even dream of.

Your imagination will expand.
Your desires will expand. Your ideas will expand.
Your relationships will expand. Your health, your impact, your contribution.

You will come to know that YOU MATTER, too.

You matter more and more the more and more you love yourself!

Sit quietly and think about all the wonderful things inside of you, the aspects of YOU, that you love. Write down as many as you can think of. You have no limit, unless you decide so.

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____



Your Thoughts

Now think of Why you love those aspects.

What do they allow you to do?

How to they inform your actions?

How do they make Life good and better?



Your Thoughts

Now think of:

The relationship you want.
Write down what you dream of.

The health you want.
Write down what you dream of.

Now think of:

The work you want.
Write down what you dream of.

The wealth you want.
Write down what you dream of.



Your Thoughts

Now think of:

The knowledge you want.
Write down what you dream of.

The _____ you want.
Write down what you dream of.

Now think of:

The _____ you want.
Write down what you dream of.

The _____ you want.
Write down what you dream of.



Your Thoughts

Now think of:

The _____ you want.
Write down what you dream of.

The _____ you want.
Write down what you dream of.

Now think of:

The _____ you want.
Write down what you dream of.

The _____ you want.
Write down what you dream of.



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect relationship into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect health into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect work into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect wealth into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect knowledge into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect home into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect _____
into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Your Aspects

Now, write down your Aspects listed above, and write down how that can help you loving the relationship into existence.

Think of what action that aspect will inspire.

My Aspects: To love my perfect _____ into existence:

What action will these inspire me to love this into existence? How will these Aspects make me show up in Life?



Our team at The Power Within Training are standing by to make sure you get the help you need.

Whether you have a question, are interested in finding out more or looking for a proposal and more, **we're here for you!**

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