



# FREE

*your* MIND

WITH ROSIE YEUNG

An 8-Week Culturally Relevant Group  
Coaching Program for Racialized Women

[WWW.CHANGINGLENSES.CA/FREEYOURMIND](http://WWW.CHANGINGLENSES.CA/FREEYOURMIND)

# Meet Your Coach



**ROSIE YEUNG, CPA, CA, CHRL**

*Hello! I'm Rosie*

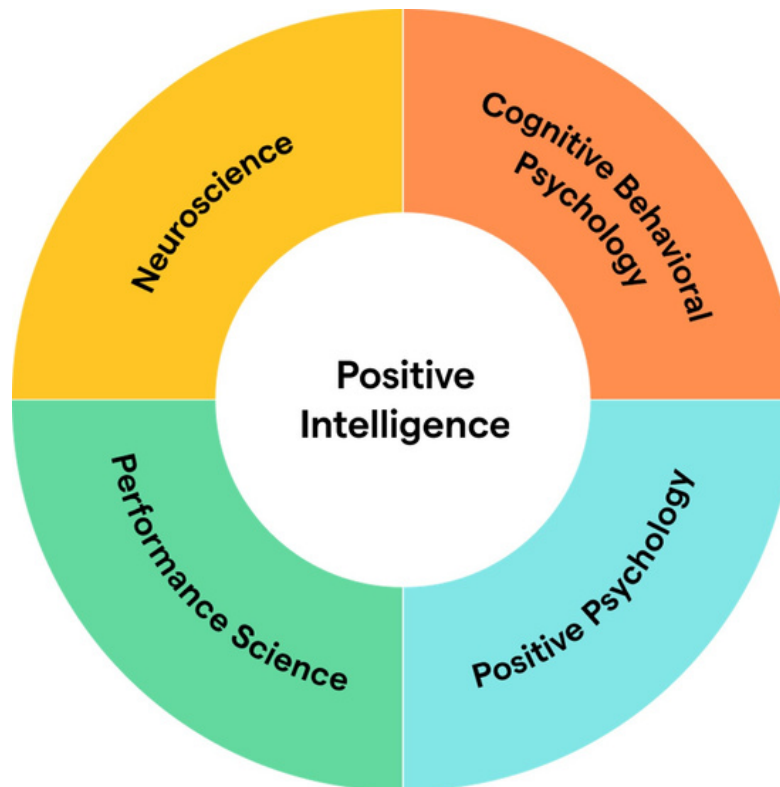
I'm a Mindset Liberation Coach and JEDI Warrior (JEDI = Justice, Equity, Decolonization and Inclusion). I designed this small group coaching program to help racialized diasporan women find freedom by **transforming** instead of **conforming**. I've experienced this first hand, because I'm one of them! I'm a Hong Kong-born, Canadian-raised, cis-gendered single woman who's spent my whole life trying to meet other people's standards instead of figuring out what I want. I was liberated by mindset change and positive psychology, and now I'm offering this culturally relevant "brain bootcamp" to help racialized women find theirs.

I'm also a Certified HR Leader, Chartered Professional Accountant, and Positive Intelligence Coach, with over 20 years of corporate executive experience. I leverage all my skills and experiences – my **whole** self – to help you Change Your Lens, Free Your Mind, and Transform Your Life.

# How Does It Work?

The breakthrough neuroscience research of Positive Intelligence shows us how to rewire the brain at the root level rather than treating symptoms.

<https://www.positiveintelligence.com/science/>



## What Makes This Program Different:

### Focus on Habit Formation

Most trainings result in short-lived improvements. For sustained results, we focus on building neural pathways that form lasting new habits.

### Treat Root Cause, not Symptoms

Factor analysis research has revealed the foundational root-level enablers and disablers of optimal performance and wellbeing. We rewire the brain at the root cause level.

### Develop all 3 Core Muscles

Mental fitness requires 3 core muscles. Saboteur, Interceptor, Self-Command, and Sage. Meditation only focuses on Self-Command, which is why it is not sustained by most.

# Personal Benefits

How will you grow and benefit?

<https://www.positiveintelligence.com/program/>

Discover the neuroscience of your mind/body connection. Improve your sleep, diet, and exercise.



Discover the 3:1 positive to negative ratio required in healthy relationships.



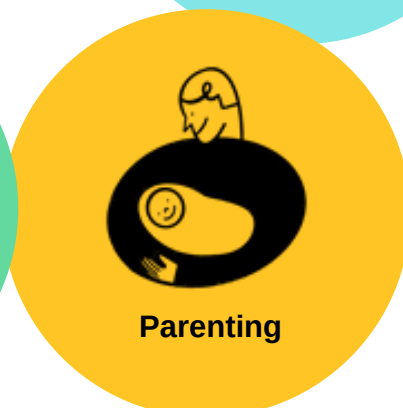
Learn how your stress is generated by your Saboteurs and personalized strategies to shift to Sage.



Guide your career to maximize both achievement and fulfillment.



Learn parenting strategies aimed at boosting your kids' foundational mental fitness.



## Coachee Testimonial:

Rosie's group coaching program challenged me to reflect on how I respond when faced with personal and professional stressors. I was empowered to not only identify my patterns of self-sabotage, but also build my mental fitness to break these patterns. The weekly Pod discussions motivated me to be accountable to complete the program exercises. I valued that all members of my Pod group (as well as Rosie) were women of colour – this is something I've never had access to in other programs I've attended, and fostered a sense of community and safety when sharing personal struggles and accomplishments. I highly recommend this program! – S., a South Asian Canadian woman

# Professional Benefits

How will your growth benefit your employer?

<https://www.positiveintelligence.com/program/>

Shift from conflict to win/win solutions even in the most challenging situations



**Conflict Management**

Discover how you sabotage creativity in yourself and others. Learn how to access and activate the deep wisdom of the sage.



**Emotional Intelligence**

Develop 17 of 18 EQ competencies



**Creativity**

Challenge outmoded assumptions about how to lead and learn how to bring out the best Sage qualities in yourself and others.



**Leadership**



**Performance**

Learn how your specific Saboteurs sabotage your performance and optimize productivity through Sage powers.

**And develop your team building skills through:**



**Earned Trust**



**Healthy Conflict**



**Mutual Accountability**

# What to Expect

## 1 October 31, 2022 - Your Journey Starts

Meet your fellow Pod (small group) members and get to know the women you'll be journeying with for the next 8 weeks.

You'll already have access to the PQ App to read the book, check out the Gym, and watch your first learning video on October 29.

## 2 Weeks of November 7 to December 19 - Brain Bootcamp

We meet weekly for an intensive "Brain Bootcamp" where you'll build a foundation of mental fitness. Learn the neuroscience behind the 3 critical mental muscles you'll use to shift from your inner Saboteurs (your negative self) to your inner Sage (your positive self).

We integrate this foundation with the cultural and social reality you experience so you can live and work with more resilience and peace.

## 3 December 20 - Continue Your Growth

You made it through the brain bootcamp! Maintain your current strength level through continued use of the PQ App for the next 12 months at NO extra charge, OR accelerate your mental fitness by upgrading to PQ Grow. You can also engage Rosie for private 1-on-1 coaching sessions. It's your choice!

## 4 Weekly Schedule and Time Commitments:

- Weekends: watch 1 hour video lesson on that week's PQ focus
- Mondays 12:00 - 12:55 pm EDT: meet on Zoom for group coaching
- Tuesdays to Fridays: 15 min daily practice via Coach Challenges (spread out in 3 min increments for PQ "Reps" and end-of-day reflection)
- Anytime: Read / listen to "Positive Intelligence" book

Everything except group coaching can be done on your own time.



# Group Coaching Schedule:

## Weekly group sessions:

12:00 - 12:55 pm (Eastern Daylight/Savings Time):

- Mondays October 31, November 7, 14, 22
- Tuesday November 29 (change due to US Thanksgiving)
- Mondays December 5, 12, 19

## Please note:

To protect confidentiality, group coaching sessions will NOT be recorded for replay. Group members should plan to attend every session live.



# QUESTIONS?

EMAIL:

[INFO@CHANGINGLENSES.CA](mailto:INFO@CHANGINGLENSES.CA)

OR:

Book a free call >

# Payment Options

Public pricing for the bootcamp only (no coaching) is \$995 USD.

In **Free Your Mind**, you get the same bootcamp, plus my specialized coaching, in a safe, intimate small group with other racialized women, at no extra charge. That's a **55% discount!**

Two payment plans are available:

Two monthly payments of:  
**\$519 USD**  
or  
**\$569 CAD\***  
+ tax, per person

OR

Pay in full and save!  
**\$995 USD**  
or  
**\$1,095 CAD\***  
+ tax, per person

**\*For this cohort only, Canadian residents get a special rate on the USD exchange that gives you an additional 27% savings on top of the 55% discount!**

Join now:  
2x \$519 USD >

Join now:  
1x \$995 USD >

Join now:  
2x \$569 CAD >

Join now:  
1x \$1,095 CAD >

Payment is due at time of enrollment. Applicable taxes will be processed at checkout.



# How to Enroll:

It's fast and easy! Simply choose your payment option in USD or CAD and follow the prompts. **The last day to enroll is October 27, 2022.**

Remember, space is limited to the first 5 paid registrants, so don't delay! Enrollment will be accepted on a first-come-first-served basis. A waitlist for future cohorts is available. Your spot is not confirmed until payment is received.

Don't delay, click below to pay and secure your spot today!

2 pays of  
\$519 USD >

Full pay  
\$995 USD >

2 pays of  
\$569 CAD >

Full pay  
\$1,095 CAD >

Applicable sales taxes will be processed at checkout. By processing this payment, you are indicating your understanding and agreement to each of the Group Coaching [terms and conditions](#).

## GOT QUESTIONS?

Book a free call >

OR EMAIL: [INFO@CHANGINGLENSSES.CA](mailto:INFO@CHANGINGLENSSES.CA)



# Changing Lenses

**Change Your Lens. Free Your Mind. Transform Your Life.**

[www.changinglenses.ca/freeyourmind](http://www.changinglenses.ca/freeyourmind)