



# STATE OF MIND

## Executive Retreat Programs

Unleash vision and creativity.  
Enhance productivity.

[www.stateofmind.world](http://www.stateofmind.world)  
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# ABOUT THE PROGRAM

**The State of Mind Executive Retreat Program** simultaneously gives you space to collectively reflect, time to get a small contained piece of work done, and new tools to lift your performance to the next level. The retreat is customised to create the perfect balance between these components according to participants' needs, whether they're part of a coherent working team or executives from across various or new divisions, who need to build relationships.

The practical science-based tools have been proven with over 2500 clients to significantly improve resilience, focus and productivity. Coupled with the off-site environment in a beautiful part of the Scottish countryside, the program is designed to disrupt the status quo, amplify participants' ability to tap into their creativity and provide new perspectives that transform the mindsets being brought to the business.

Outcomes include a marked upswing in collective ambition and performance of the team, a greater sense of unity in their mission, and more certainty in the specific techniques and methods required to fulfil that mission. In addition, we make time to 'get stuff done', that is, participants bring with them that piece of work that's been hanging over them, and apply the tools for productivity and focus, to the furthering of that particular task.

***Prices vary depending on accommodation chosen, but the price will include all workshop content, food, accommodation for 2 (or potentially 3) nights, and transfers from the nearest airport or train station depending upon location chosen.***





# YOUR HOST

## Dr Samantha Graham Founder and CEO of State of Mind

Sam's unique IP has brought greater resilience, efficiency and creativity to thousands of people, lifting the performance of countless corporate teams whilst bringing them greater peace of mind in the juggle between home and work.

Her leadership education programs have spanned decades, and she has worked with executive and senior leadership teams across a range of sectors, including banking & finance, FMCG, construction, public transport, insurance, advertising, and broadcasting.

Sam has recently relocated from Australia to London via Scotland. Her clients were all based in Australia, however she is very much looking forward to bringing her transformational programs to the corporate sector in the UK.



*Call Sam for a conversation on the State of Mind Executive Retreat Program and how it can take your senior staff to the next level.*



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