

MASTERING YOUR MIND: UNLEASH THE POWER OF YOUR UNCONSCIOUS & DEFEAT THE SABOTEUR WITHIN

Have you ever noticed how some people or teams often behave in ways that sabotage their own success?

Have you ever wondered why you or someone you know suddenly behaves out of character during times of stress or pressure? The answer lies in the saboteur, an unconscious psychological force that stealthily undermines our best intentions.

Fortunately, with awareness and the right tools, we can learn to recognise and conquer this unseen adversary, enabling us to regain control of our lives and achieve our goals.

The saboteur's influence isn't limited to our personal lives; it also affects our work environments, team dynamics, and society as a whole. In this keynote, Dr. Mike Drayton will explore and reveal the impact of the saboteur on our careers, teams, and organisations. He will provide you with practical insights and tools to counteract its effects, fostering a more harmonious and productive professional life.

Whether you're an individual seeking to better understand your own behavioural patterns or a leader looking to enhance team dynamics, Dr. Drayton's presentation is tailored to your needs.

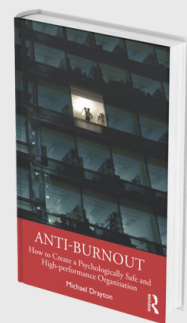
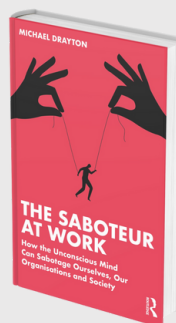
Don't miss out on this opportunity to explore the psychology behind our actions and learn how to regain control in the face of the saboteur. Join Dr. Mike Drayton for an engaging and transformative session that will leave you with a profound understanding of yourself, your colleagues, and the world around you.

Embrace the power to overcome the saboteur and unlock your full potential!



Dr Mike Drayton is an executive coach and business psychology expert who can enhance leadership skills and advance careers by boosting creativity, decisiveness, and resilience.

He speaks about applying psychology to leadership and has written three books that provides practical strategies based on scientific research to prevent burnout and enhance performance in organisations.



TAKEAWAYS

1. Understanding the role of psychological saboteurs in hindering personal and team success.
2. Develop strategies for improving decision making and avoiding groupthink.
3. Techniques for identifying and managing psychological saboteurs within a team or organisation.
4. How unconscious psychological forces cause teams and organisations to fail, and what you can do to avoid the same fate.

WHO IS IT FOR?

This keynote or workshop is tailored for a general business audience, with a focus on leaders and managers.

HOW CAN IT BE DELIVERED?

This topic can be delivered in various formats such as a keynote, full or half-day workshop, or a team away-day or offsite.



A stylized, handwritten signature in black ink that reads "Dr Mike Drayton". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

**Business Psychologist
& Executive Coach**



Tel: 0121 459 0636
Email: mike@mikedryaton.org