

WARRIOR MINDSET MASTERCLASS - FOR WOMEN

*Empower your team
to stay Cool, Calm and
Collected in a crisis*



mindful
revolution





Book us for an exclusive **Masterclass in Mindfulness** paired with a Ladies Self Defence Workshop that focuses on rewiring your brain from being a worrier, to a warrior, so that you are mentally prepared for anything.

Together, we change mindsets and teach trained vs natural-instinct reactions that can be used in panic and real attack scenarios. These skills can be life-saving whether one is battling with a mental health crisis, or finds oneself in the face of a physical threat. What's more, we'll explore how mental health training can help you to live longer and get stronger.

Gender-based violence (GBV) is a profound and widespread problem in South Africa, impacting on almost every aspect of life. Yet, no one is confronting this issue head on.

Imagine that you could be part of the solution by empowering your team and helping to educate the women of South Africa – giving them the knowledge and skills that can be practiced to help them protect themselves.



Here's a taste of what you can expect to learn and takeaway from our tailor made presentations:

- **Mindfulness practices** that will help you to better cope with stress by conditioning and training your mind to become more resilient.
- **Self-protection skills** that require using minimal force or strength.
- How to **bypass** negative self-talk and feel real confidence in your body.
- **Situational awareness** and preparing for various scenarios. Regardless of your age, size and ability, we teach 4 key rules that could save your life.
- What's more, expect to have **fun!** There's lots of laughing and entertainment as well.



About the Facilitators

Lead presenters are selected depending on the size of the group and event details. Our team of experts have different specialisations in health and wellness coaching, mindfulness training and psychology, self-defence and yoga.

We tailor our offerings to meet the needs of the group or company where the event is being hosted. A portion of all our proceeds are donated to a specified charity cause.

We also partner with Fight Sports Centre gyms, collaborating with their coaches for our own training and public workshops.

Hayley Alexander

Professional health journalist and wellness coach specialising in nutrigenetic testing. Hayley calls herself a 'ninja-yogi'. She has a 2nd Dan Black Belt in karate and has been teaching yoga for over 15 years.

She is a certified On Point Protection Skills Instructor and has presented masterclasses in Ladies Self Defence at corporates including Momentum Metropolitan and Diacore International.



Mark Joseph

Internationally acclaimed mindfulness teacher, mentor and keynote speaker.

Mark is schooled in eastern as well as western practices, and he is deeply knowledgeable of the science, as well as the different philosophies of mindfulness.

Mark has developed an accredited teacher training series in mindfulness and facilitates weekend retreats with clients from around the world.



Marise Dusheiko

Specialised Women's health coach. Marise has dedicated over 15 years to understanding and teaching movement.

From her career as a dancer to her current role as a post-natal fitness and women's health coach, she believes that freedom of movement and a powerful body are everyone's birthright.

She aims to empower women to feel strong, beautiful, and confident in their bodies, enabling them to live long, happy, and fulfilling lives.

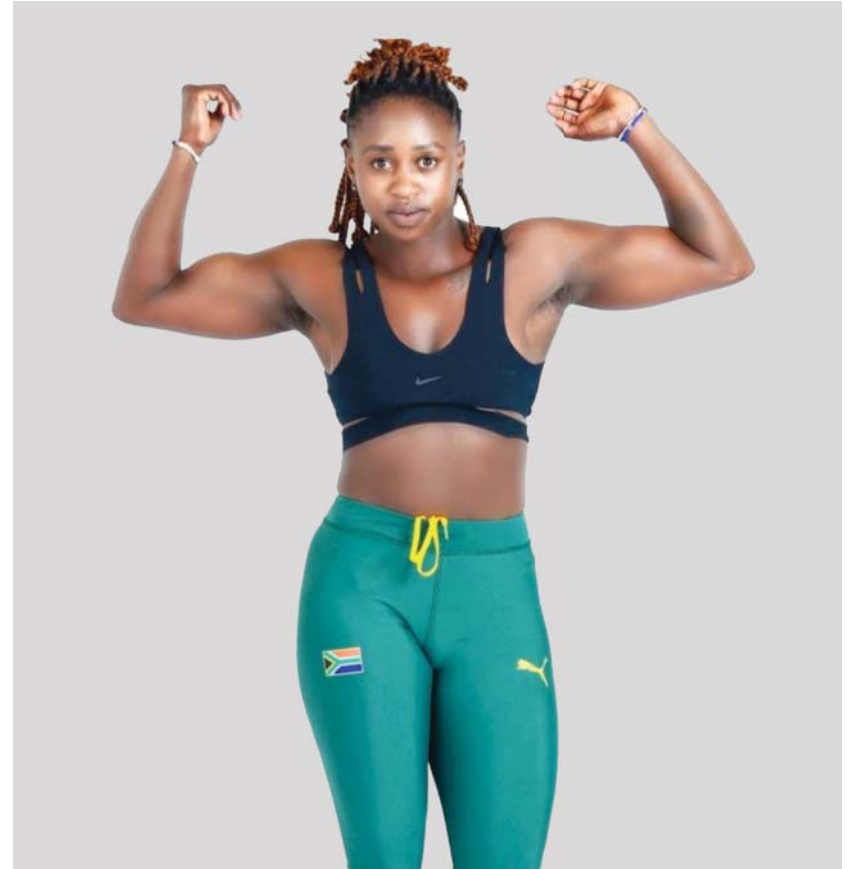


Mphile Dlamini

Mphile Dlamini is a professional fitness coach with a passion for empowering others through health and fitness.

Specialising in personal training, she also leads fitness bootcamps at the local police station. With experience in education, soccer, and rugby,

Mphile is dedicated to helping individuals, especially women, reach their full potential while promoting kindness and positivity.





“ I just wanted to take the time to express our sincere gratitude to you for the incredible masterclass that you've presented yesterday. You did a sterling job, and I just loved the way how you have shared the learnings in such an exquisite and genuine, yet powerful way. ”



“ We've had a D & I and Wellness Steering Committee meeting yesterday afternoon where Cathy presented on the MindfulRevolution programme, and I must say she did our programme great justice. Also some members present at the meeting, who also attended your masterclass, relayed very positive endorsement messages to the committee. ”



“ Thank you so much Hayley for organising the On Point Protection Skills workshop! I learned a lot and enjoyed it equally! What I loved the most was that everyone was included, even our kitchen staff and the cleaning ladies at our offices. ”

Bespoke Packages

Half Day Training (3.5hrs)

Small Teams: 20 - 40

R650 per person

Bigger groups: 40 - 60

R550 per person

Large groups: 60 - 80+

R450 per person

Masterclass (1.5hr Talk)

Recommended for larger group sizes (100+)

R200 per person

Additional Offers - Customized Merchandise

- Key Chains
- Pepper Spray
- T-shirts
- Event Filming

T's & C's

- 50% booking deposit required 15 days prior to the event .
- Travel costs may be incurred depending on the event location.
- Indemnity forms are mandatory.

If you are in a position to host or sponsor a workshop for your community, school or company, please get in touch with us for further enquiries and a quotation.

Email: mindbodyhayley@gmail.com | Call Hayley: 082 655 9306

Visit website to view testimonials and videos www.mindbodyevolve.co.za

