

## **Mind Map your goals, projects and ideas! Boost your achievements list!**

### **Introduction**

There are times where we feel we have so many ideas and to do lists and somehow we are not achieving anything of what we intend.

The first step towards making your dreams, goals, projects happen is to see them clearly, plan for them and know each step to do to make them happen! Mind mapping is a fantastic tool!

### **Objectives**

Leading Minds offers you a course where you will be able to:

- Know what mind map technique is
- Get practical exercises to understand the usage and benefits of mind mapping
- Actually make your own mind map for any project or dream you wish to achieve!

**Duration: 1 day**

### **Methodology**

Interactive training, clear guidelines and playfulness is the way to understand any theory. The Trainer will use her talent to help participants see the benefits of Mind Mapping usage through simple exercises, colors, games, and practice, practice, practice.

### **Who Should Attend?**

This workshop is for people who wants to get more out of their lives. CEOs, Company Directors/Managers, teachers, students, individuals, that want to learn how to set goals and reach them.

## MEET YOUR COURSE DIRECTOR

### NANCY ABDO

**Nancy Abdo** is a Well Being and Self development Consultant. She started her college studies at the University of London and continued at the Notre Dame University in Lebanon where she obtained her BS in Advertising and Marketing in 1998.

She has worked with international TV and radio stations, Production Houses and Advertising Agencies. She was the Creative Producer at BBDO in 2000, the regional TV producer for P&G at Leo Burnett in 2003, the Head of TV production of TBWA in 2006.

After 14 years in the field of Media and Marketing and after a visit to India in 2004, Nancy decided to have a career shift where she started an exciting journey in discovering, learning about and developing the wellness of people.

Today all her work is focused on Mental, Emotional, Physical and Energetic Balance. She is also a Trainer, Consultant and a Coach for executives in the following areas:

- Time & Stress Management (to reach Balance in daily life)
- Communication Skills (Communication & Body language)
- NLP (Neuro-linguistic programming: Inner and outer communication)
- Mind mapping (for goals achieving and mind organization)
- Self-management & Self-awareness (working on physical, emotional, mental, energetic and spiritual aspects)

Nancy loves travelling and lived in Lebanon, KSA, Dubai, UK, Egypt, Italy, Mexico, Dominican Republic, Italy, Bahrain, India, Holland and Sweden. She speaks 5 languages and finds it fascinating to work with people from all over the world. She is now based between Sweden and Lebanon.

For her, without Balance, clarity and Relaxation no healthy goals can be reached. Her favorite slogan is: ***"Do the best with what you have!"***