



# MINDJUICE MASTER EDUCATION TEAMCOACHING & LEADERSHIP

NIVEAU 3





# Welcome to the Mindjuice Master Education – Version 4.0

## **Master Education Version 4.0 – Now Open Internationally**

For more than 15 years, the Mindjuice Master Education has developed extraordinary Team-coaches and leaders. With Version 4.0, the education is now open internationally, making it possible to participate from anywhere in the world while beginning and ending the journey with immersive retreats.

You will become a powerful and inspiring Teamcoach while mastering Conscious Conflict Resolution® and Mindjuice Transformative Teaching® – Level 1. Our experience from more than two decades of teaching across cultures is that these methods create extraordinary results because they are rooted in what is universally human—the journey towards greater consciousness.

The education is an 8-month, life-changing journey where you develop both advanced professional skills and profound personal growth. Here, you learn not only to lead groups with authenticity and presence, but also to transform your knowledge into lasting practice.

Towards the end of the education, you will facilitate Teamcoaching in a real organization, where participant satisfaction has previously exceeded 9 out of 10.

Are you ready? This is your opportunity to join an international community and develop as a facilitator, Teamcoach, and authentic leader.

## **Team coaching – the fastest-growing coaching discipline worldwide**

The International Coaching Federation (ICF) has identified Teamcoaching as one of the fastest-growing disciplines in the coaching profession.

ICF is the world's largest independent, global coaching organization, united by a shared coaching philosophy, clearly defined core competencies, and ethical standards for professional coaching.

The Mindjuice Coach Education has been ICF-accredited at the highest level since 2011. In the Master Education in Teamcoaching & Leadership, you will be trained in Teamcoaching that aligns with ICF's coaching philosophy, core competencies, and ethical standards.

## **Do you want to be among the world's best leaders and team coaches?**

Then the Master Education in Teamcoaching & Leadership is most likely for you.

The education builds on your Coach Education or Leader Coach Education and the core values embodied in the Mindjuice Method®, but integrated at a deeper level, enriched with the latest knowledge on conflict management, team processes, and facilitation of change processes in groups.

In short, we take your training to entirely new heights in a life-changing process. Over eight months, you will be trained in consciousness at the highest level, Powerful Communication®, extraordinary leadership, conflict management, mediation and grounding, the Enneagram, and visionary team coaching.



# Mindjuice Master Education in Teamcoaching & Leadership

## **Conscious Conflict Resolution®**

When people speak their minds and express their needs, conflicts naturally arise – also in teams.

Unconstructive conflicts are among the worst things – but the more conflicts are avoided, the more conflict is created.

It is positive when a team expresses its needs, because it means the members are engaged. It symbolizes safety and authenticity within the team. Without conflicts, someone is not expressing their authentic opinion. Conflicts contain essential ingredients for collaboration and for being fully connected with one another.

The problem arises when we are unable to navigate conflict.

Therefore, you will learn Pernille W. Lauritsen's specially designed model for Conscious Conflict Resolution®, which she has used for years to transform conflict into potential between people and within teams.

## **Why learn to create transformation in groups?**

In the Master Education in Teamcoaching & Leadership, you will learn to create Powerful Communication® in a group and guide a team through a transformative process.

Just like individuals, groups are also driven by fear until a shift in presence and purpose occurs. To dissolve fear, we must go through it. Throughout the education, you will learn to guide a team through the same process. To do this, you first and foremost learn to understand

how your own fear is triggered in group settings, and how you can inspire and challenge the types you would normally avoid.

When you can stand in front of those who challenge you the most and stay grounded in yourself, you gain the ability to make a difference for all kinds of people.

Our mission is that when you complete the education with us, you will be able to lead with visionary leadership and create extraordinary processes and breakthroughs for all kinds of groups – from the largest companies to the closest family.

## **Mindjuice Transformative Teaching® – Level 1**

Transformative learning does not merely inform – it changes the entire way the listener experiences their world. Following strong demand from students, as well as the times we live in, we have chosen to include the powerful craft of teaching transformatively in the education.

As something entirely new, you will therefore learn in the Master Education how to create life-changing breakthroughs for your listeners using Mindjuice's unique model for Transformative Teaching® – Level 1.

Upon certification, you will be able to teach transformatively in 2 self-selected topics out of 3 possible options: The Wisdom of the Enneagram, The Four Agreements, and The Five Dysfunctions, as well as use the theory and tools to communicate and inspire others in whatever else you dream of teaching.



# Program for the Master Education in Teamcoaching & Leadership

The education is based on the 5 core elements of the Mindjuice Method®: Personal Leadership, Systemic Theory, Powerful Communication®, Wisdom Theory, and Transformative Coaching – now at an even deeper level. A level that not only applies to you and those closest to you but also enables you to practice the method in teams and as a visionary leader.

Whether you hold a formal leadership title or not, consider that you are The One who has the ability to lead the way and transform traditional

thinking into creative solutions. From our experience with transformative processes, we know how important presence and rapport are to the outcome. Now we take your training in conscious presence to an entirely new level, where the goal is to learn “the power of presence” regardless of the types of people you meet.

In other words, you will learn the most important principles of the art of presence: as a team coach, conscious conflict mediator, and now also as a transformative instructor.

- **Mindjuice Transformative Teaching® Level 1**

Transformative teaching does not merely inform – it changes the entire way the listener experiences their world. You will learn to teach transformatively in 2 self-selected topics out of 3 possible options: The Wisdom of the Enneagram, The Four Agreements, and The Five Dysfunctions, as well as use the theory and tools to communicate and inspire others in whatever else you dream of teaching.

- **The Dance with a Team**

From the very beginning, you will be trained to break patterns and create new healthy habits in both individuals and teams. Dancing in the moment, communicating directly, and breaking patterns as they arise are some of the most important competencies of an extraordinary leader and team coach.

- **Teamcoaching That Transforms**

You will learn the steps of Mindjuice’s exceptional Teamcoaching Model, developed over many years. The model also leaves room for your own ideas, while providing a solid foundation to rely on every time you work with a team.

- **Extraordinary Leadership**

You will be trained to be a leader in your own life, while also being trained in extraordinary leadership. You will discover how every person has their own unique and powerful way of leading, inspiring others.

- **Team Dynamics**

We work with the dynamics that arise in every team. Based on the Enneagram, you will learn to analyze a team from the team members’ own experience of the team and identify the areas where effort should be focused. Far too many team coaches work blindly when coaching. You will learn to conduct a solid analysis and guide the team in the direction they need most, based on their own wishes.



- **The Wisdom of the Enneagram**

We take your Enneagram knowledge to new depths through the study of all the types and their levels. You will learn how to coach the different types and what you should pay particular attention to, both one-on-one and when working with the types in teams.

- **Conscious Conflict Resolution®**

You will be trained to handle conflicts in groups and in the art of using mediation as a tool in conflicts, combined with your knowledge of the nine Enneagram types. Mindjuice's mediation model is based on classical conflict mediation and works incredibly effectively in groups, families, and between couples. Some coaches later choose to specialize exclusively in this important field because it is so inspiring to experience how easily conflicts can be managed when they are handled properly.

- **Meditation**

It is now scientifically proven that just a few minutes of meditation each day lowers blood pressure and prevents much stress from arising in the first place. During the education, you will be trained in mindfulness and meditation, enabling you to implement simple practices in your own life and inspire others in families and organizations to do the same.

- **Personal development**

At Mindjuice Academy, we are known and recognized for our strong focus on personal development. Just as in our Coach Education and Leader Coach Education, we focus on your own personal development throughout the education. Through a wide range of exercises and insights, you will learn to take the best possible care of your foundation in life. Body, emotions, and thoughts in a powerful interplay.

Throughout the Master Education in Teamcoaching & Leadership, we work with body, emotions, and thoughts, and the teaching is always designed so that all dimensions of you are activated. We use the body in every module through movement.

- **Certification**

Between Module 4 and Module 5, you will complete a written examination, and in Module 6, you will complete an oral examination for certification as a Mindjuice Master Coach in Teamcoaching & Leadership. You will experience the high level at which you are now able to lead and coach others. The entire examination is a powerful experience in itself, and we take good care of everyone throughout the process, ensuring that you know exactly what is required and what you need to be able to do by the end.

- **An extraordinary network**

The Master Education requires an extraordinary commitment. It is the only way to create extraordinary results. During the education, you will gain a network that knows your strengths and weaknesses clearly and deeply. You will experience unique support and encouragement from your cohort throughout the education, and you will build the most powerful network of your life—one that continues long after the education has ended.



FORMER PARTICIPANT:

The Master's Program has been a journey into myself and out into the world, where I've stepped into a more authentic leadership.”



Jakob Beck,  
Facilitator hos Co-Creation Partners





# Module 1: The Types' Levels of Consciousness & Transformative Teaching

Being able to lead and move other people begins with being a true leader in your own life. You will learn what it truly means to be a genuine leader through in-depth theory and challenging exercises related to the most important thing we as human beings have: our relationship with ourselves and each other.

We focus on you as a team coach, instructor, and leader in life, and we challenge your courage, responsibility, and integrity, which ultimately

enables you to stand in front of a group as a trustworthy and inspiring instructor and team coach.

The Master in Teamcoaching & Leadership is not an information-based education. It is a transformational education, and from the very beginning you will learn to implement the theories you learn through practice and continuously gain hands-on experience from the real world.

- **Go deeper with the Mindjuice Method®**

Everything you have learned so far about Personal Leadership, Systemic Theory, Powerful Communication®, Wisdom Theory, and Transformative Coaching is now taken to a deeper level as we explore the master level of mastering these core elements in relation to leading a group.

- **Learn to communicate the core of who you are**

You will be introduced to a presentation technique that gets to the core of who you are.

- **The types' level of self-awareness**

A type is never just a type. There is a significant difference between speaking with a type who is operating from a liberated level of consciousness and that same type being stuck in its typical beliefs and behavior patterns. Here, you will learn to distinguish between the types at all levels.

- **Mindjuice Transformative Teaching®**

You begin your journey with Mindjuice Transformative Teaching® Level 1 and, over several modules, learn to teach in 2 self-selected topics out of the 3 possible options: The Wisdom of the Enneagram, The Four Agreements, and The Five Dysfunctions.

- **The Four Agreements**

We dive into the wisdom of Don Miguel's book The Four Agreements, and you will learn how to bring this wisdom into your work as an instructor and team coach when standing in front of a team. You will also learn your first teaching format.

- **Mindjuice Distinctions**

To be able to lead a group, certain qualities must always be present in extraordinary leadership. You will learn what these special qualities are, which you can use to measure your leadership, and you will learn how to work with them to create extraordinary leadership.



## Module 2: The Wisdom of the Enneagram & the Five Dysfunctions of a Team

In this module, we build on your initial experience of standing in front of a room and teaching transformatively by exploring the five most common dysfunctions of a team, as well as the wisdom of the Enneagram. You will learn how to create change in a team by mastering this form of teaching.

You will gain an in-depth understanding of how to create the kind of connection that inspires deep trust in you.

In addition, you will learn how you are responsible for stepping into a future that is either limited or free, and which mechanisms are essential in that context.

Your communication is also taken to a new level as you learn to speak with deep connection from your essence to another person's essence.

- **Create deep connection**

Creating deep connection is more about who you are than what you say. Therefore, you will learn how to create connection through authenticity and openness in order to build trust between yourself and the person you are speaking with, for example, the team you are coaching.

- **The wisdom of the Enneagram**

You will learn to teach transformatively in The Wisdom of the Enneagram and support people in a team in becoming aware of themselves and what comes into play, both personally and for the team members.

- **The five dysfunctions of a team**

There are five fundamental dysfunctions that can be categorized as the five most common 'workplace defects'. You will learn how to communicate them and thereby support a team in transforming these 'defects' into collaboration.

- **Gain insight into what limits and opens your future**

In reality, we can come from two places in life: ego or essence. In this module, you will learn to recognize the mechanisms that limit your future, and you will learn how to open it instead.

- **Learn to communicate from your essence**

You will learn to communicate with people from a place of essence, where your image and fear are no longer allowed to get in the way. In this way, your essential messages and intentions are allowed to come through in your communication instead.



## Module 3: Conflict Management & Value Foundation

In this module, you are introduced to the Mindjuice Teamcoachingmodel® and why team coaching is the fastest-growing coaching discipline worldwide.

Because a large and important part of following your dreams and living extraordinarily is daring to feel fear, you are trained to stand in your fear and still choose your purpose.

As an extraordinary team coach and leader, you must both have a strong foundation and at the same time communicate yourself so you break through in front of your team.

You are also introduced to extensive theory on conflict resolution, and you learn Mindjuice's 7 basic steps for resolving conflicts through consciousness.

- **Feel the fear and do it anyway**

Therefore, you are trained to stand in your fear while staying connected to your purpose and values. You also learn to help a team create their common set of values.

- **Mindjuice Teamcoaching Model®**

Teamcoaching is the fastest-growing branch within coaching. You learn Mindjuice's specially developed Teamcoaching Model, which through its depth enables teams to grow to extraordinary heights.

- **Creating the foundation for collaboration**

What must be present in a team to create the foundation for a transformative process? Who must the team be in order to succeed in creating the conditions for optimal collaboration? You learn this essential step in the Teamcoaching Model in this module.

- **Value clarification**

Your values are present everywhere, both in your actions and in your experience of life. You learn to clarify what your values are, and which ones should be at the top and guide you in your leadership.

- **Conscious Conflict Resolution®**

In this module you learn what escalates conflicts, what conflict resolution is, the basic principles of conflict resolution, and Mindjuice's 7 basic steps for conflict resolution.



## Module 4: The Team's Purpose & Vision

If you want to achieve an outcome, it is always crucial what your perspective, [which you create yourself], is in relation to the outcome you desire.

In fact, the two are always connected. In this module, you will learn to transform your communication from ordinary to visionary.

By mastering visionary communication, as well as your way of being, you will be able to create outcomes that you previously did not see as possible.

As an extension of working with your own visionary communication, you will learn to support a team in creating extraordinary results by bringing them together around a shared vision and mission.

You will also learn to master The 5 Phases of Peak Performance. Furthermore, you will have the opportunity to put what you have learned into practice, as after this module you will go out and team coach a corporate team and submit your written examination assignment.

- **Creating Possibilities**

You are already familiar with the Transformation Model and the Fact/Story tool. Now you will learn to distinguish fantasies and expectations from possibilities, and you will learn how to work with them so that you are able to seize the opportunities that arise in the present moment.

- **Introduction to Vision and Mission Work**

What does it mean to have a vision and mission? What becomes possible when you are connected to them? In this module, it will become clear why vision and mission are fundamental to creating extraordinary results in teams.

- **The 5 Phases of Peak Performance**

Here, you will learn about the foundation and theory behind Mindjuice's specially developed coaching model, which also forms the basis for the transformation and Peak Performance it creates.

- **What you need to be aware of as a teamcoach**

There are a number of things that are important to have in place when you are going to stand in front of a team. Therefore, we go through them thoroughly, so you are familiar with them all, as well as your rhythm as a teamcoach.

- **Your written certification**

Between this module and the next, you will submit a written assignment, which is your written examination in the education.



## Module 5: Team Dynamics: How the Types Come Best Into Play

Knowing your foundation is largely about knowing your theories and tools in depth. Breaking through in front of a group is about being intentional about who you are when you are on stage.

Therefore, we work in depth with exactly these two parameters regarding you as a team coach, so you can stand in front of people with deep insight into your tools and an authentic expression at the same time.

You will also learn the effective tool “Domain Analysis,” and you will experience how you can use your knowledge of Enneagram types and levels of consciousness to support a team in what they need in order to grow.

In addition, we go into shadow work inspired by Debbie Ford, and you will work with how to use it in relation to groups.

- **Shadow concepts in relation to groups**

Just as light and dark shadows are constantly at play in human beings, they are also at play in group dynamics. Therefore, you learn how to use this in your work as an extraordinary team coach and leader.

- **Domain Analysis & the domains of the types**

Domain Analysis is an effective tool when you understand the Enneagram and the levels of consciousness. All types have a particular energy. Depending on which types and how many are represented in a team, and at which level of consciousness they operate, the team will therefore also have a corresponding energy. You learn what this means for a team.

- **Learn to analyze a team**

By being able to identify the dominant energy in a team based on the represented Enneagram types and levels of consciousness, you learn to analyze a team. When you can analyze a team’s energy, it gives you clarity to coach, lead, and support the team where it is needed.

- **Your impact as a coach**

Your impact is essentially about who you are when you speak. Therefore, in this module we focus on your being when you are “on”, so you learn to break through maximally as a leader and team coach in front of a group.

- **World-class leadership**

Being a skilled teamcoach is connected to your leadership. Both personal and universal. In addition to leading yourself, you learn to engage in a strengthening and equal collaboration with a team leader, while remaining authentic.



## Module 6: Peak Performance: World-Class Teamcoaching & oral Certification

Module 6 is a very special module. It is both your oral examination and certification, but also a very special closing with your group, both during the module and at your graduation.

We use part of the module to benefit from the work and learning you have gone through in relation to teams, Mindjuice distinctions, and extraordinary leadership, and we use it to create a moving and healing closing for you

and your group, who now become Mindjuice Mastercoaches.

It is the culmination of 8 months of an in-depth and challenging journey into what it means to have and practice extraordinary leadership.

After this module, you can call yourself a Mindjuice Mastercoach in Teamcoaching & Leadership.

- **Feedback that creates real change**

What becomes possible to see and learn about yourself when you are surrounded by people who have trained for 8 months in leading with authenticity? In this module, you will receive and contribute feedback that truly creates change and healing both individually and in a team.

- **Oral certification**

In this module, your oral examination takes place. It is your opportunity to demonstrate what you have learned both through the teaching and education you have received, and through the experience you have gained in working with a real company team.

- **Graduation**

Finally, there is a closing and moving graduation where you and your group have the opportunity to properly close together and share your journey with each other and with important people in your lives.

- **Certification as Mindjuice Mastercoach**

With your new certification as a Mindjuice Mastercoach in Teamcoaching & Leadership, you now master a very special and powerful combination of wisdom, depth, skills, and experience that you can use everywhere in life. From the steps on your own inner Camino to your professional expression, you now have a strong and authentic foundation to step out into the world with as a leader, team coach, and instructor.



THERE IS A DIFFERENCE  
BETWEEN WORKING IN  
THE SAME OFFICE AND  
WORKING TOGETHER

Simon Sinek



MINDJUICE



# Practical Information

## What is the cost of the education?

The course fee for the Mindjuice Master Education in Teamcoaching & Leadership is DKK 99,995, including VAT. Both retreats are included in the course fee.

The course fee for the education can be paid in installments. It is also possible to take the education tax-free through a gross salary scheme.

## Early Bird Discount

Get a 10% discount when signing up 6 months before the start date.

Get a 5% discount when signing up 3 months before the start date.

## The price includes

- 6 modules of 2–4 days each
- 2 in-person retreats (module 1 & 6)
- 8 month structured learning process
- Comprehensive course materials
- Mindjuice's Teamcoaching Model®
- Tailor-made exercises and interventions
- Conflict management models and theory
- Real-life training with teams and companies
- Ongoing feedback on your development as a team coach
- Oral and written examination
- A highly qualified certification as a Mindjuice Mastercoach in Teamcoaching & Leadership
- A lifetime network of powerful coaches and leaders

## Instructors

The Master Education is taught by Mindjuice founder Pernille W. Lauritsen and her inspiring team. We also work with a group of external, extraordinary instructors who are leading and recognized within their specific fields.

## Location

Module 1 and Module 6 are held as in-person retreats at carefully selected venues located within approximately a four-hour drive from Copenhagen.

Modules 2, 3, 4, and 5 are delivered online, allowing you to participate from wherever you are while remaining fully engaged in the learning experience.

## Catering

Lunch, coffee, tea, and fruit during the course are included in the price during physical modules.

## Training Program

The attached program outlines the content of the Mindjuice Master Education in Teamcoaching & Leadership. Since each group is different, we reserve the right to make adjustments to the content to best support the development of the group.

## Participation Requirements

You must be motivated to develop yourself and practice teamcoaching and leadership between modules with your cohort.

## Admission Requirements

You must be a trained Coach or Leader Coach and have completed an education with a minimum of 100 hours of coaching, leadership coaching, and personal development.



### **For you who do NOT have a basic education in coaching or leader coaching and transformation**

If you have not yet completed an education that includes a minimum of 100 hours of coaching, leadership coaching, and personal development, this is essential in order to participate in the Master Education.

Our Level 1 basic educations in coaching and leader coaching are serious and in-depth educations that create an essential foundation for working further with teams.

Your ability to master both difficult and motivating one-to-one conversations must be in place before you can learn to master one-to-many.

We therefore offer you the opportunity to combine the Master Education in Teamcoaching & Leadership with the Coach Education or Leader Coach Education and save 10% on the total order.

### **Registration & Payment**

You can purchase your place on our educations online at [www.mindjuice.com](http://www.mindjuice.com), by email at [info@mindjuice.com](mailto:info@mindjuice.com), or by phone at +45 3313 3301.

If you wish to register several people from your company, please contact us to arrange a company agreement and team discounts.

### **Cancellation Policy**

All cancellations must be made in writing to: Mindjuice, Nansensgade 41A, 1366 Copenhagen K, Denmark.

In the event of cancellation, a fee of 15% of the course fee will be charged. Less than 6 weeks before the start date, the fee is 50%. There is no reimbursement 30 days or less before the start date.

You have the right to withdraw from this agreement without giving any reason within 14 days. If you wish to withdraw, you must inform us at [info@mindjuice.com](mailto:info@mindjuice.com) and state what you wish to withdraw from. If you begin the course before the right of withdrawal has expired, you only pay for the part of the course you have participated in.

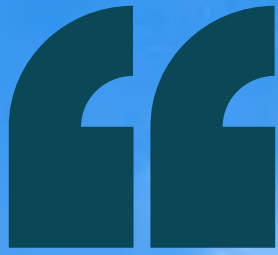


FORMER PARTICIPANT:

**In the Master's program, I connected with the purpose of my life on a deep level. Now I live off my vision.**

Mette Zabel,  
Entrepreneur from heart





FORMER PARTICIPANT:

The Master's program has intensely trained me in strong personal leadership. It has connected me with my vision, my creativity, and, most importantly, has created extraordinary changes in close relationships.



Tina Anderson,  
Innovation Consultant and Project Manager  
at Siemens Wind Power





WHEN YOU CHANGE  
THE WAY YOU LOOK  
AT THINGS, THE THINGS  
YOU LOOK AT CHANGE

WAYNE W. DYER



MINDJUICE



## Mindjuice Academy expands your consciousness

Mindjuice was founded back in 2005 with a clear vision of helping courageous people and companies with defining their core purpose and use it actively to create a better world.

The method is simple: We teach, educate, and train our “students”, until they maintain a powerful presence.

Actually, we guarantee that you become more present with your family, your friends, and your colleagues. Because you get more present to what’s important in your life.

It gives you the opportunity to create what you’ve always dreamed of, both privately and professionally.

Today Mindjuice is a social entrepreneurial company that has facilitated more than 153 educations and trained more than 20.000 people from all social layers and professions all over the World.

We call them heart warriors – because they all know what they’re fighting for.



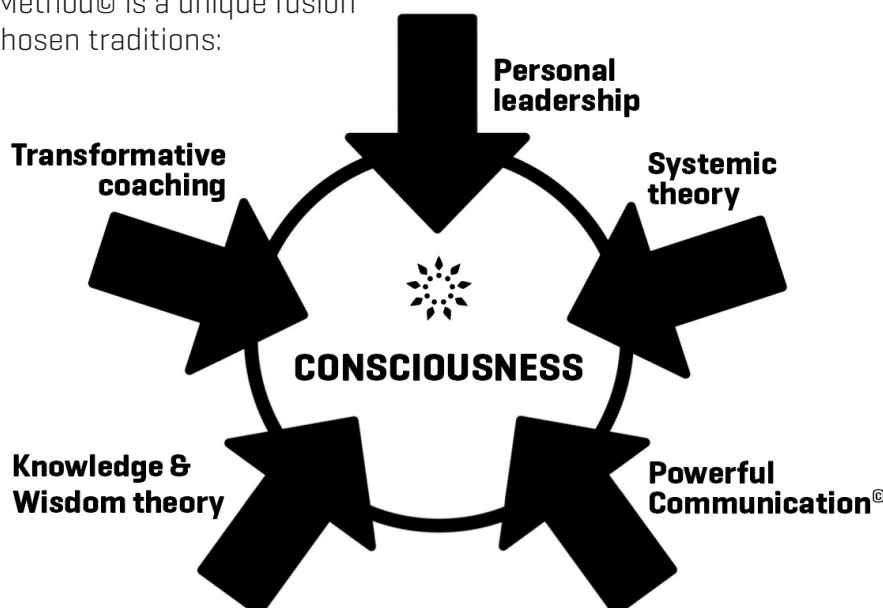
**The things I’ve learned at Mindjuice aren’t just something that can be used in a coaching context, but in all of life.**



Thomas Rydahl,  
Bestselling author & Mindjuice Coach

## The Mindjuice Method<sup>®</sup>

The Mindjuice Method<sup>®</sup> is a unique fusion of 5 carefully chosen traditions:





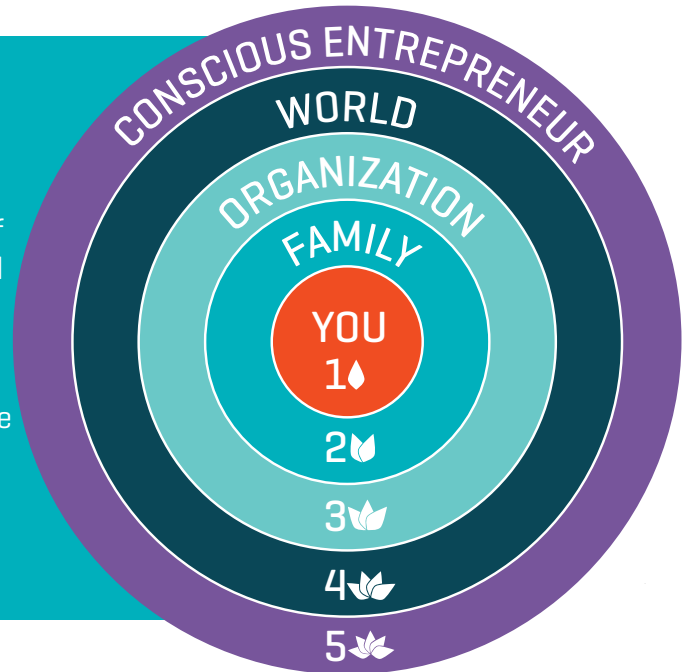
# Welcome to a conscious compendium in life

All educations at Mindjuice have roots in old wisdom theory and philosophies.

We take our point of departure in the World's oldest book "I Ching" [also known as The Book of Change], where you begin at the obligatory Level 1 and the starting point of the personal development is you.

Thereafter, you can freely continue practicing the skills that you wish to develop.

When you have completed all levels, you can call yourself a "Mindjuice Master of Transformation".



## LEVEL 2



**Level 1:**  
The Coach- & Leader  
Coach Education

The education in consciousness and mindset with coaching as the tool. All change in your life begins with yourself, and Level 1 is your introduction to the Mindjuice Method®, where you'll learn personal leadership, Powerful Communication®, systemic theory, ancient wisdom from the Enneagram providing insight and an understanding of people, as well as transformative coaching.



**Level 2:**  
The Family Coach Education

The education expands your personal leadership to the family dynamic. You will work with your own family relations, learn how to coach families, and create transformation in people's family relations.



**Level 3:**  
Master Education in Teamcoaching  
& Leadership

Learn how to create transformation in a team and be authentic in front of a room, fully in touch with your integrity and your values. Learn how to facilitate and create a common set of values and a vision in a team dynamic.



**Level 4:**  
Master Education in  
Communication & Speaking

The journey home to yourself that transforms your life story and your self-image. Alongside your personal development, you will learn how to communicate your personal history powerfully through lectures and with that inspire an audience into transformation.



**Level 5:**  
Mastermind

Transform advanced theory into life mastery and unfold your purpose with spiritual entrepreneurship.



## Free your potential

**Your unused potential is found in seeking the things, you have avoided so far. With the Mindjuice Method® we have created a structured learning process that gives you access to exactly that.**

We all carry around an immense amount of unused resources within. It's caused by the common belief that you constantly need something more and new.

At our educations we work with the opposite movement by teaching you how to integrate and master your knowledge and resources.

Actually, your unused potential is NOT found in putting a greater pressure on yourself, but more likely in exploring the opposite of what you usually do.

The ego says: "Once everything falls into place, I will find peace."

The essence says: "Once I find peace, everything will fall into place."

What actually creates inner peace and courage is to be in touch with your real values and abilities, as well as the feeling of developing yourself.

In our Dojo you will be trained again and again in turning your fear into your advantage. Common for all of our students is that they're passionate about being change-makers. And all change begins with you.

Pernille W. Lauritsen,  
Founder of Mindjuice