




THE MINDSET ACADEMY

 Transform the way you think, decide, and lead with the **science-backed TIPS Framework™** by Zoah Consultancy

UNLOCK THE POWER OF A GROWTH MINDSET - **IN JUST 4 WEEKS**

UNLOCK UNSTOPPABLE CONFIDENCE, CLARITY & RESILIENCE – BACKED BY SCIENCE

Welcome to The **Mindset Academy**, a **transformational 4-week journey** designed for **professionals and leaders** who want to **think, lead, and thrive better**. Using **award-winning methodologies, behavioural science, and expert coaching**, this immersive experience will help you **rewire your mindset, master strategic thinking, and unlock new levels of success**.

What Makes The Mindset Academy Different?

Rooted in Behavioural Science

This isn't just another mindset programme—it's designed using cutting-edge **behavioural science** to help you break **unhelpful thought patterns** and rewire your brain for success.

Proven, Award-Winning Methodology

You'll learn the exclusive **TIPS Methodology™**, used by top leaders and organisations to build **resilience, adaptability, and strategic decision-making skills**.

A Thriving, Supportive Community

Transformation is easier **together**. Our **private community** provides ongoing accountability, motivation, and real-time coaching—so you're never alone on this journey.

Elite Coaches & Trainers

Learn from **industry experts** who have worked with **global organisations and high-performing leaders**—bringing real-world experience and **scientific coaching** into each session.

MEET ZOAH CONSULTANCY

Zoah Consultancy is a **bespoke behavioural coaching and leadership development consultancy** dedicated to helping leaders and teams **think, lead, and thrive better**.

Grounded in behavioural science and psychology, we work with the entire organisational ecosystem—equipping leaders, teams, and stakeholders with the tools and mindset to drive lasting change. Our approach enhances resilience, strategic thinking, and workplace culture at every level.

Through **tailored coaching, mindset training, and leadership programmes**, we help businesses **unlock the potential of their people**, driving impactful conversations, stronger decision-making, and long-term growth.



THE MINDSET ACADEMY



🧠 The Mindset Academy Curriculum – Rewire Your Thinking, Unlock Your Potential

The Mindset Academy is not just another course—it's a **proven transformation system** designed to help you **break unhelpful patterns, develop strategic thinking, and rewire your brain for confidence, clarity, and resilience.**

💡 **Grounded in behavioural science and psychology**, this immersive programme combines **live coaching, neuroscience-backed techniques, and real-world application** to ensure that your mindset shift isn't just temporary—it's a lasting change.

Sessions are 2 hours long and held weekly over 4 weeks, giving you the time and space to apply what you learn, experiment with new perspectives, and see real progress in your everyday life.

🧠 Week 1: Thought Awareness – Rewiring Thought Patterns

We all have **deeply ingrained thought patterns**—some that help us, and others that hold us back. This week is about **building radical self-awareness** and training your mind to **interrupt negative loops, reframe setbacks, and build a mindset that works for you—not against you.**

💡 What You'll Learn:

- ✓ **Cognitive Reframing & Thought Awareness Journal** – Shift from **self-doubt to self-empowerment**
- ✓ **Neuro-Linguistic Programming (NLP) Techniques** – Train your brain to **rewire limiting beliefs**
- ✓ **The “What Else Could Be True?” Method** – Expand your perspective and **break out of mental ruts**

💡 *Ever caught yourself assuming the worst before you even try? This week, you'll learn how to spot and shift that thinking—so you don't talk yourself out of opportunities before they happen.*

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🎯 Week 2: Intention Setting – Clarity & Direction

Without **clarity**, we stay stuck in cycles of **indecision, overwhelm, and self-sabotage**. This session helps you define **what truly matters** and gives you the tools to **align your mindset, choices, and actions with your bigger vision**.

◆ What You'll Learn:

- ✓ **The “Three Whats” Exercise** – Discover what **really** drives you
- ✓ **Selective Attention Awareness** – Learn how to **spot opportunities instead of obstacles**
- ✓ **Values & Vision Alignment** – Use the **VIA Character Strengths** framework to create purpose-driven goals

💡 *Ever felt like you're juggling everything but not making real progress? This session helps you cut through the noise and focus on what actually moves you forward.*

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🏆 Week 3: Personal Choice & Control – Own Your Power

Do you ever feel **powerless in certain situations**—like life is happening to you rather than for you? This week is about taking **radical responsibility for your mindset** and learning how to **respond, not react**—even under pressure.

🔹 What You'll Learn:

- ✓ **What's In My Control? Framework** – Master the **psychology of focus and mental resilience**
- ✓ **Thought vs. Fact Separation** – Stop spiraling and start making **clear, confident decisions**
- ✓ **Mindset Mapping** – Identify **your habits of reactivity vs. intentionality** and shift them for good

🌟 **Special Guest Session:** Learn from a leading expert in **resilience, emotional intelligence, and high-pressure decision-making**, equipping you with tools to **stay grounded no matter what challenges arise**.

💡 *How much energy do we waste stressing over things we can't change? This week gives you the tools to redirect that energy into what you can control—so you can move forward with confidence.*

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🔄 Week 4: Shifting Perspectives – Resilience & Growth

True resilience isn't just about "bouncing back"—it's about training your brain to be **more adaptable, solution-oriented and proactive**. This final week is about **turning insight into action** and applying behavioural science techniques to build a growth-focused mindset.

◆ What You'll Learn:





- ✓ **The REP Framework (Reframe, Evidence, Plan)** – Train your brain to shift perspective and take strategic action
- ✓ **Inner Critic Management** – Stop battling self-doubt and turn your inner critic into your inner coach
- ✓ **The AAA Model (Acknowledge, Accept, Action)** – The ultimate resilience-building strategy

💡 *Ever looked back on a situation and realised you could have handled it differently? This session gives you the tools to make those shifts in the moment—so you don't just react, you take control.*

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Bonus Sessions – Deep Dives, Guest Experts & Mindset Coaching

-  Live coaching on neuroscience, high-performance habits & leadership psychology
 -  Exclusive expert insights from guest speakers in resilience & adaptability
 -  Private community & peer coaching for real-world application & accountability
-  This isn't just about learning—it's about transforming the way you think, lead, and show up in the world.
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Who is This For?

- ✓ **Ambitious Professionals & Entrepreneurs** looking to break through mental barriers
- ✓ **Individuals Struggling** with Self-Doubt & Overthinking
- ✓ **Aspiring & Current Leaders** who want to develop unshakable confidence
- ✓ **Anyone Ready to Take Control of Their Mindset & Growth**

 IF YOU'RE READY TO TAKE CHARGE OF YOUR MINDSET, MAKE BETTER DECISIONS, AND BUILD RESILIENCE, THIS IS YOUR CHANCE.

GET IN TOUCH: HELLO@ZOAHCONSULTANCY.CO.UK

THE MINDSET ACADEMY



Meet Your Lead Facilitator – Toluwa Oyeleye

The **Mindset Academy** is led by **Toluwa Oyeleye**, a **behavioural science and psychology specialist, two-time TEDx speaker, and accredited coach** with a track record of helping professionals and leaders transform their thinking and unlock their full potential.

Toluwa founded **Zoah Consultancy**, a coaching and training company dedicated to equipping individuals with the **mindset, resilience, and leadership skills** needed to think, lead and thrive better at work.

With credentials including **MindGym certification, NLP accreditation, and advanced wellbeing & leadership coaching qualifications from Cambridge University**, Toluwa is recognised for delivering practical, science-backed strategies that drive lasting change.

- ◆ **Trusted by Global Organisations & Universities** – Toluwa has worked with major institutions, including the United Nations, British Airways, L'oreal, and leading UK universities.
- ◆ **Real-World Impact** – Her interactive coaching and training sessions empower professionals to **overcome self-doubt, develop resilience, and take bold action** in their careers and personal lives.
- ◆ **Expert in Mindset & Behavioural Change** – Using science-based techniques, Toluwa helps individuals **rewire limiting beliefs, master their mindset, and step into their full potential**.


With over a **decade of experience coaching ambitious professionals**, Toluwa is passionate about helping you **shift your thinking, take action, and create lasting transformation** inside The Mindset Academy.



THE MINDSET ACADEMY



COHORT SCHEDULE & FEES





 **Cohort Term Dates:** 29th April-16th December, 7-9 pm GMT (Weekly 2-hour live sessions, Choose a term date that works for you)

 **Limited to a maximum of 15 Members per cohort**

Programme Investment

- **Early Bird Price:** £325 (available for bookings made up to 4 weeks before the cohort start date)
- **Full Programme Investment:** £850
- **VIP Package:** £975 (includes 2 exclusive 1:1 coaching sessions). Book up to 4 weeks before the start date and get it for £850!

What's Included?

-  **Live Coaching Sessions** – High-impact, results-driven learning
-  **Exclusive Workbooks & Exercises** – Practical tools to support your growth
-  **1-on-1 Coaching or Group Coaching** (VIP members only)
-  **Private Community & Office Hours** – Extra support and networking opportunities



WHAT OUR PARTICIPANTS SAY

The Mindset Academy has transformed the way leaders and professionals think, lead, and thrive. **But don't just take our word for it—here's what our participants have to say:**

"A GAME-CHANGER FOR MY MINDSET"


"This programme completely shifted the way I approach challenges. I used to feel overwhelmed by decision-making, but now I have the tools to think strategically and respond with clarity. The exercises were practical, and the coaching was invaluable!"
— Sheila M, Business Leader

"THE BEST INVESTMENT I'VE MADE IN MYSELF"

"The Mindset Academy helped me understand my own behavioural patterns and how they impact my work and leadership. I now feel more focused, resilient, and intentional in how I show up every day. Absolutely worth it!"
— Temi O, Senior Manager

"LIVE COACHING & COMMUNITY SUPPORT MADE ALL THE DIFFERENCE"

"Having a safe space to challenge my thinking and get personalised coaching was one of the biggest takeaways for me. The support from both the facilitator and the group kept me accountable and motivated throughout the journey."
— Hannah L, HR Professional

 **Ready to experience the transformation for yourself?**

Join the next cohort and unlock the power of a resilient, high-performance mindset.



READY TO THINK, LEAD & THRIVE AT A HIGHER LEVEL?




Spots are **limited**, and this high-impact coaching experience is designed for professionals **serious about levelling up**.

 **"THE MINDSET SHIFT I DIDN'T KNOW I NEEDED"**

*"I came into The Mindset Academy looking for strategies to manage stress, but what I **gained was so much more**. I now recognise the unhelpful thinking patterns that were holding me back, and I have the tools to shift my mindset in real-time. My confidence has skyrocketed, I make clearer decisions, and I no longer second-guess myself at work. This isn't just a programme—it's a complete rewiring of how you think, lead, and show up in the world."*

— Esther H, Senior Leader

 **To book your spot or if you have any questions, email us at hello@zoahconsultancy.co.uk**