



Intrepid

Course Programme

Welcome to Intrepid

"The cave you fear to enter holds the treasure you seek"

Proverb

Welcome to Intrepid. This is where we put the real science and psychology to work in order to help you overcome your barriers to living more of the life you really want. Whether you struggle with anxiety or depression, resistance to moving forward, or simply unsure how to tap more deeply into what is possible for you to achieve. Intrepid is built to be a game changer in how you move forward faster.

What you might be feeling

You may be reading this and already be feeling both nervous and excited. It's very common and certainly a signal to join us. If you feel any emotional resistance to doing so, then chances are it is likely to make an even greater positive impact on you, because that's how our unconscious works (as you will learn on day 1, and see the quote above).

Some of us can also feel a bit numb. Disconnected and disengaged. We know we should feel something but it can feel lost to us. Like something might be missing.... We assure you, it's not. Intrepid is a programme which can help with that.

There are also a few of us who can spend much time in frustration. Knowing we can do so much more but uncertain how to reach it. The good news is Intrepid will make an impact on you too.

Above all, you've already made it this far. Whether it is simple curiosity about what's possible; a drive towards peak performance; or a yearning to put to bed everything that is getting in your way of the life you desire, we are here to work with you and make this happen, so read on....

A word about your safety and wellbeing

We make your emotional, psychological and physical safety our priority. Some of our techniques are incredibly powerful and we ensure that your trainers are equipped to support you if you feel too overwhelmed. Everything goes as far and as fast as **YOU** allow it to. **YOU** are in control throughout and can 'take 5' at any point in order to rebalance and process breakthroughs if it becomes required.

Having experienced traumas of our own, the course is designed so that you do not need to publicly disclose anything at all, but still work through any challenges you feel are not for sharing with others. Even though there are group exercises, you have no obligation. Group work is important because of the thinking it can trigger in us when hearing experiences and perspectives of others. Many can find considerable power in speaking openly (sometimes for the first time) about what is really going on to a group of like minds; however, you are free to do this as little or as much as you are willing to.

We also do not tolerate disrespect, inappropriate behaviour, and judgment of others in our training environments. That is the same for all delegates and, of course, our trainers.

One of our trainers will always be available to you if needed throughout both days (and the evening on Day 1), and we keep the workshops from being too big so that you get considerable personal connection and support from us throughout.

We have two Golden rules that trump everything:

- 1. EVERYTHING that is said discussed or shared remains confidential.**
- 2. There is NO Judgment over anything disclosed.**

We take these rules very seriously and you will be asked to agree to these formally, or we will not be able to work with you. That said we understand the unknown can hold trepidation. Therefore, if you have any uncertainty, questions or personal need that you would like to confirm with us then we encourage you to contact us directly and we will speak to you directly and be happy to help.

The Programme



Intrepid incorporates a considerable number of techniques in order to break through the barriers holding us back. Techniques include behavioural economics & priming, socratic maieutics, constructive suggestion, NLP, CBT, Visualisation and mindfulness. These are applied in a way to gently unlock any resistance you may feel and empower you to move forward with more peace, confidence, energy and wellbeing

Day One Discovery

Day one is about Discovery. Identifying what is really holding us back and understanding why it happens. From here we help you to identify your own personal barriers that may be having a detrimental impact to your progress, your wellbeing and your prospects of greater success. We include the following sections of the course on Day 1 (although the running order may be subject to change)

Why Most Goals Are Rubbish

Goals form the platform and starting point of all progress. SMART goal setting has become the mainstay of how people set targets. The problem is even with the 'SMARTest' goals, the failure rate is high and that can have disastrous impacts on our confidence. In chasing goals people focus too much on the target and less about the journey to reaching it, which is what counts most. We show you what is wrong with typical goals, how to set them so that they are more inspiring and motivational, and how to break them down effectively to improve your chances of achieving them.

The Control Paradox

Many of us have set expectations of what our worlds 'should' be like. We expend huge energy attempting to exert control on the world around us. In business, work, home, relationships, etc. We explore with you how to approach control differently in a way that serves you better.

RISE

RISE is our ground-breaking method for tackling any fear associated challenges. From anxiety to depression, we introduce the key stages of RISE upon which the entire programme of Intrepid is built upon, and how it can be used as a tool to both manage moments of extreme challenge, and how to build lifelong mastery of what worries us.

The Many Faces of Fear

Fear is the emotion which causes the most challenge and damage to our progress. That said it can also keep you alive and safe. The problem we face is distinguishing when it helps or hinders us, and when it is simply running out of control.

Fear sits at the heart of anxiety and has a significant impact on mental health such as stress and depression. To understand it is to begin to master it. We explore the science and psychology of fear (including your biology); what the major fears are; and work to begin to help you understand your own better. We also explore the concepts behind the tools you will learn, and why they are so effective.

The Devil on Your Shoulder

Self-talk and the messages we give ourselves can be devastating or empowering. We need to understand better what this voice says, when it says it, and how it affects us. Through this process, you'll learn more about why your voice says what it says, what it is actually saying and how to disassociate from the negative messages.

The Bergen

Designed to explore what you carry each day that weighs you down. Most of us experience negative judgment, guilt, regret, shame, fear, worry at some point. How much are you carrying? Why are you carrying it? What does it feel like to carry it? We help you discover the answers to your questions and a mind-numbingly simple secret to tackling it.

Sabotage

Here you get to explore the impact of negative beliefs, feelings such as previously mentioned. We work through how they mess up your chances of moving forward, and how they can hold you down. We tackle some of the stubborn and hidden aspects of sabotage that most never even see, yet have the greatest negative impacts on you. We will also explore where it shows up in your personal world as the starting point to take control of it (which follows in Day 2).

Birds of a Feather

We connect this to Sabotage in order to explore your outer world, influences upon it, and what might be reinforcing negative feelings and behaviour you experience. We also show you how you can make minor changes that can have big positive impacts.

Motivation & Why we really do what we do

We explore what motivation is (not just what we think it might be), and examine our own levels. Where is it lacking? And the biggest questions of all... What is it that we really want? And, why do we want it? The answers to these important questions are significant to both your resilience and chances of success in any aspect of life. Here we help you discover your answers so that you can put them to work.

6 Feet Under

This section reinforces what we have learned in the area of motivation. Here you get to play out a simple but powerful exercise (for some it can be life-changing) that will draw out, highlight and help embed what is really important to you. This serves to help answer some of your bigger questions about what you want and what you want your life to look like.

The Deep

What really gives you sleepless nights? What are the unknown areas of our psyche that trip us up every single time we press forward? Why do we sometimes go one step forward only to go two steps back? The deep shows you how to reach there safely, and draw out even the most stubborn of limiting thoughts.

The Master Key

We show you the single, most important, and powerful first step to moving forward and the first step necessary to any permanent progress. You will get to experience a near instant shift that springs your forward, enables you to make better decisions, and puts success firmly in your hands (and not of your circumstances'). For some it is profound, and for others can be subtle; either way, this single step is a game changer.

Day one close

We target a 5.30pm finish, however we will be staying onsite through the evening to support anyone who needs it after the end of day 1. You are welcome to join us, grab something to eat and pick our brains further if you wish.

A person is holding a glowing lightbulb, symbolizing an idea or solution. The background is a soft, out-of-focus grey.

Day Two Solution

Day two focuses on tools, techniques and exercises that reinforce one another in order to help you fly further forward. Taking the discoveries of Day 1 we show you how to process, eliminate and change your specific personal barriers negative emotions into a means that will serve you well beyond the training room. All of the techniques are designed to be repeatable so that you can deeply embed the benefits in a way that benefits your life permanently.

Changing The Record

We learn about the patterns we operate in and how attached to our story we become. The problem is often found in the story we believe about our lives. Here we get to change the record, reframe our story and turn our history, trials, tribulations and challenges into positive defining moments.

The Letter

All of us hold on too tightly at times from our experiences. We can allow trauma, adversity, pain and challenge to sometimes define what we do now and what happens next. Whether we like it or not, these hold power over us until we start to let them go. Fear ironically stops us from doing this often. We use this process to connect with these aspects and begin to let their hold over you dissipate.

Habituation & The Circle of Zorro

Sometimes we need to face what disempowers us. It is simply too much to rush headlong into this and requires time, repetition and progression to move forward. Named from a famous scene in the film Zorro (with Antonio Banderas), we also apply the context of the famous treatise by Miyamoto Musashi – The Book of Five Rings (The 'Go Rin No Sho'). We show you how to master the 5 rings, so that you move through the stages where your barriers no longer hold any power over you.

Judgment Day

Fear of negative judgement from colleagues, friends, family, peers, and ourselves is one of our great fears that limits progress. Here we work through this and the fear of failure (directly connected) in order to ensure that you both recognise it when it happens, and are equipped to tackle it when it strikes.

Under Fire

Crisis management for when the brown stuff hits the fan. Here you learn to bring near instant clarity and perspective to the situation you are in, and to dramatically take the emotional distress out of an immediate challenge in order to keep a clear head under fire.

Avatar

'Identity is not who we are, it is who we choose to be'. In this phase you work through your beliefs about yourself in order to identify and reach the very best parts (often hidden) of who we are. Next you get to amplify these to dominate these characteristics in your "Avatar".

Beating The Borg

Resistance generates enormous lag on our progress. Understanding where, how, when and why this shows up is important to making progress. What you resist persists. It's critical to understand what you are really resisting, and the truth as to why, in order to overcome it. For the Trekkies: "Resistance is futile"... and here you learn what, why and how to move past it quickly and easily.

Unbreakable

Grit, determination and bouncebackability are all names for resilience. Here we show you how to unearth yours, and what tools to use when it is challenged in order to keep moving forward no matter what life throws at you.

Maximum Disruption

When challenge strikes, despair sets in, or emotions overcome us, it is important to ensure they don't take hold to a point that is hard to come back from. We show you how to change your state quickly so that you can effectively tackle whatever is happening without having it overwhelm or derail your efforts.

Power Progression

Like physical fitness, long term mental and emotional wellbeing takes practice and repetition. Power Progression shows you how to take progressive small steps that accumulate into major results. You will learn what your 'winning edges' are and how to put these into play to build the mental toughness and emotional wellbeing to conquer whatever you turn your attention to.

Flip The Switch

Einstein said that "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way." Here you will find how to establish positive states rapidly, as well as the power of visualisation and meta-state, as well as how to use them to program yourself for success. You will also discover how to trigger instant changes to your energy, and create powerful associations, as well as how to utilise anchoring techniques to tap into at will.

I AM...

These two simple words combined can change the world for better or worse. Exceptionally powerful in your unconscious, we tie into the previous work in the 'Devil On Your Shoulder' and '6 feet under'. We show you how to turn your inner script that is hindering you this on its head so that you feel so much more empowered, confident and ready to take on anything. You will learn your most powerful affirmations, how to apply them scientifically so that they actually work and harness the immense power of your unconscious mind to transform your world.

Rocket Pack

What will you take with you and what will you leave behind to move quickly forward? Rocket pack brings everything together where you put your plan together to fly forward at the speed most appropriate for you. You will know exactly what tools you will apply, what you no longer need to carry, and where you go next.

Vision

The final exercise to help you take flight. You will get to bring together everything important to you that you have learned from us and from yourself over the two days. We will take you through a process in a way that teaches you how to embed the positive changes deeply into your unconscious, and how to make them permanent.

Beyond The Training Room

Each delegate will receive access to

FRAMES Access

Access to the FRAMES online coaching system for 3 personal coaching programmes accessible for 3 months. Each programme creates its own personal coaching plan that can be printed and worked through. It is best to use these one at a time with your most important goal at that time.

Intrepid Mobile App

We are putting the finishing touches to our Intrepid mobile app for IOS and Android. An application designed to put instant support at your fingertips. As soon as this is tested and live we will notify all attendees and make this available to you.

Website Private Members Area

This is where you will be able to find additional information, articles, news, member webinars, recommended products, and tips to continue your progress.

Members only Forum

A private forum for attendees of Intrepid, where you can ask questions and discuss areas related to the Intrepid programme.

Clothing

Wear what you feel is both comfortable and appropriate. There is a little physical movement required in one or two of the exercises, however you will not be asked to do anything you are not capable of. It is important that you tell us of any medical, emotional, psychological or physical conditions or limitations you have so that we can make adjustments.

Food & Drink

Lunch is provided both days, though it is important that you tell us beforehand if you have any specific dietary requirements or allergies that could impact you so that we can inform the venue. Refreshments in the morning and afternoon will also be available along with water throughout.

Other items

Pens and a course workbook will be provided along with notepaper, though many people like to use their own notebooks (which we are happy for you to do). Phones will need to be switched off, or set to silent.

We will take a view on **recording**. Intrepid incorporates a considerable amount of intellectual property and copyright, some of which we will be happy for you to record; however, you will need to ask us before doing so and agree that it is for personal use only and is **strictly not to be shared in any way on any social media or with any other professional. To protect all attendees, personal disclosure from the audience MUST NOT be recorded. The recording of personal disclosure is strictly forbidden for reasons of delegate confidentiality**

If you have any further questions then do contact us, and we look forward to working with you.

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