A QUANTUM POTENTIAL WORKSHOP

Glow Up Your Mind

Decode your thinking: the superpower most of us never trained

A 90-minute, highly interactive workshop that takes your team inside their "thought ecosystem": the habitual thoughts shaping how they feel, decide, and show up. Grounded in neuroscience.

Thoughts aren't facts. *They're patterns you can change.*

WHY IT MATTERS

The thinking behind the results

Awarness

Most of our thousands of daily thoughts run on autopilot, shaping decisions before we notice them.

Limiting

Unexamined beliefs quietly cap what people attempt, say, and try.

Stress

Repetitive thought loops drain focus, energy, and how we communicate.

Trainable

Thinking patterns are habits. With the right practice, they can be retrained.

THE MOMENTUM METHOD™

Three levers for intentional change

1

Mindfulness

answers autopilot

"What am I thinking right now?"

2

Mindset

answers limiting beliefs

"Is this thought limiting or empowering?"

3

Micro-actions

answers inertia

"What's one small step I can take today?"

> *A great way to reclaim the power within us, harness the potential of our brain, and create our own reality!*
>
> WORKSHOP PARTICIPANT, GLOBAL MARKETING AGENCY

The workshop *at a glance*

LENGTH	FORMAT	STYLE	INVESTMENT
90 minutes	**Virtual; in-person on request**	**Guided + peer learning**	**$2,500**

HOW IT WORKS

Guided insights, personal reflection, and peer-to-peer learning, built around one repeatable loop.

1. **Map**
   Surface the landscape of thoughts running in the background.
2. **Sort**
   Name each one as limiting or empowering.
3. **Shift**
   Transform it with a low-effort reframe and a micro-action.

EVERY PARTICIPANT LEAVES WITH

- **A map of their thought ecosystem:** the patterns quietly shaping decisions and behavior.
- **Self-awareness tools** for clearer thinking and better decision-making.
- **A go-to reframe** that turns a limiting thought into an empowering one, in the moment.
- **A personalized daily practice** that reduces stress, increases awareness, and improves clarity.

PROVEN IN THE ROOM

Advertising industry session, Jan '26

97% would recommend

93% saw value for work + life

Measure the shift. Optional custom pre- and post-workshop surveys track changes in your team's self-awareness and stress.



Eileen Crossin
Founder & CEO, Quantum Potential

Certified in mind-training techniques, including the neuroscience of leading with your brain (UC Boulder). 20+ years in revenue leadership across digital media and AdTech, including C-suite experience; a conscious leader at companies like TikTok, leading high-performance teams.

THE MOMENTUM PATHWAY

Your team's path to momentum

YOU ARE HERE
01 · WORKSHOP
Awareness
see the patterns

→

02 · INTERACTIVE EXPERIENCE
Practice
build the reps

→

03 · BOOT CAMP
Application
use it on real work

→

04 · MASTERCLASS
Integration
make it stick

Bring Glow Up Your Mind to your team.

Trusted by enterprise and mid-market teams across the US + UK.

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