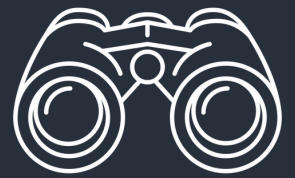


MINDFUL OBSERVATION

i2i



**"WE SEE
WHAT WE
LOOK FOR"**

**"YOU CANNOT
HIT WHAT
YOU DO NOT
AIM FOR"**



MINDFUL OBSERVATION IS A TEAM SESSION LIKE NO OTHER!

This unique and powerful program is led by an ex-Special Forces Sniper and a leadership and team performance specialist. It entails observing your surroundings, sensations, and thoughts without making judgments. It is the capacity to attentively absorb all available information in a given moment, including thoughts, feelings, and behaviours.

WHAT TO EXPECT

Participants get the unique opportunity to delve into the mindset of a special forces sniper and confront the formidable choices that position carries bearing immense consequences.

Participants then engage in a compelling sniper training exercise known as the "Observation" exercise. In this exercise, teams are presented with a realistic scenario and tasked with using binoculars, spotting

scopes and the naked eye to meticulously scan for concealed objects. This dynamic activity not only evaluates leadership and teamwork but also serves as a cornerstone for reinforcing the concept of mindful observation throughout the session.

Following the hands-on experience, individuals are offered a platform to exchange, integrate, and align their new found insights through a guided group debrief and interactive Q&A session. This transformative interaction has the potential to make a profound and immediate impact, both personally and professionally.

CHECK YOUR POV

The program framework is constructed on three main perspective principles, prompting participants to consider their own point of view (POV).

PERSONAL PROJECTION

- What are you looking for?
- What biases, beliefs, or desires shape your viewpoint?
- What narrative do you subscribe to and how does it influence the way you present yourself?

OBSERVE OBJECTIVELY

- How is it being presented to me?
- Can you see it objectively?
- What are the facts - now?
- What might you need to let go?

VARIED VIEW

- Where am I looking at it from?
- Is there an alternative point of view?
- Can I create more detailed image?



"DO YOU SEE THINGS AS THEY ARE OR HOW YOU WANT TO SEE THEM?"

The activity is an enlightening inward journey, empowering individuals and teams to uncover the profound impact of our unique observations in every situation.

Developing mindful observation skills sets leaders apart from untrained individuals. By doing so, they make better decisions, respond promptly to issues, and avoid hasty conclusions. Much like impartial spectators, mindful leaders carefully consider all facts before taking action.

Join us for "Seeing Beyond Looking," a captivating 3-hour interactive workshop.

Embark on an enlightening inward journey, empowering individuals and teams to uncover the profound impact of our unique observations in every situation.

Discover the transformative power within your own perception.



"CLEAR VISION = PRECISE ACTION"

DAVID WEGMAN

Drawing on his extensive background as a Special Forces Sniper, Architect, Adventurer, and Contemplative, David skilfully shares his lesson on Mindfulness and Observation. This distinctive fusion creates an accessible gateway to profound concepts of mindfulness and self-reflection, inviting individuals to embark on a transformative journey of self-discovery.

David currently operates his own yoga and meditation retreat, offering an incredibly transformative experience for those fortunate enough to attend.



**KAILASH
ASHRAM**
Grampians, Australia

DEREK PERCIVAL

Derek has an impressive background, having served in the armed forces, played elite sports, and conducted over 2000 development sessions for various industries and leaders.

He frequently shares his invaluable Insights on how the power of observations unlocks the path to making genuine and honest decisions from a foundation of self-acceptance.

insight2impact