



LIVE.
GROW.
MATTER.
by Jan Aquarius



MIND IN BALANCE.

INTEGRATED PROGRAMS FOCUSED ON SUSTAINABLE CHANGE.





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From busyness to focused productivity.

- How often do you experience stress?
- How often are you getting distracted or seek distraction?
- How often do you experience your day as a rush, always being busy, no time for proper breaks, and at the end of the day, you're not sure what you've accomplished?
- How often do you feel drained at the end of the day?

In today's always-on society with a lot of **rat race patterns**, there's a good chance that you are experiencing at least one of these on a regular basis. And we don't blame you. We are taught that more is better, **we are judged by our busyness** and our achievements, we link our self-worth to outside circumstances and performance.

But paradoxically, the **busyness is making us less productive**, less creative, more easily frustrated and possibly less friendly and less open towards others.

More peace of mind brings **calmness in your thinking and behavior**. It allows you to see things from a bigger perspective, **diminishing stress** and increasing your productivity and creativity. It makes you more curious, more **mentally flexible**, and kinder. With peace of mind, you become more present, more collected and more **joyful** as well, which helps to effortlessly surf the waves of life.



One of the most powerful tools to create this state of mind is **mindfulness & meditation**.

CONTACT

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Meditate for 5 minutes daily unless your busy, in that case meditate for an hour.

HOW

We bring ancient wisdom in a very down-to-earth, pragmatic way:

- **2 theory sessions** (including practice) to understand what mindfulness & meditation is, how it can help you and how you can implement it in your life.
- **Several practice sessions**: a 1-hour get-together to deepen the practice and experience the benefits. We also include time to share experiences and things that might be on your mind, strengthening the **connection** with each other.
- We create a space in which you are encouraged to train your **empathy** muscle and your **active listening** skills.

RESULTS

- Simple & effective methods to **manage stress**.
- **More peace of mind** which leads to higher productivity, higher creativity, better collaboration and more positive emotions.
- Higher **self-knowledge**.
- Increased **self-awareness**.
- Improved **self-management**.
- An experiential understanding of the law of impermanence, increasing your **happiness** baseline.

The sessions can be given in Dutch or English.

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What others say.

The Mind in Balance program helped us to more easily deal with stressful situations and to remain calm and collected under pressure. The sessions also created moments in which we could relax, helping us to tackle the day ahead with energy and focus. Jan is a very knowledgeable coach and passionate about what he does. I appreciate being able to speak openly and honestly in a setting that feels safe. It allowed us also to connect with each other as a team, further strengthening our team's cohesion and collaboration. I feel this is really helpful for me and I would recommend it to anyone. I left the sessions with a much calmer state of mind.

Jill - Team Manager.



The Mindfulness & Meditation sessions of Jan helped me to either start my day with a lot more positive energy and calmness (when it took place in the morning) or end my day in a non-stressful way which made it more easy to switch off after work (when it took place in the afternoon). Before the sessions, I had no idea about what meditation could do or even what it was. I am 100% convinced now that it can help reducing stress and anxiety. The tips and tricks that I got from the session help me now to calm myself when it is needed.

Jora - Consultant



Jan's session gave the team more peace of mind, focus and drive to tackle the tasks at hand in the most productive way.

Annelies - Strategy & Insights Director





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ABOUT JAN.

Founder of LGM.

**"People are key in everything you do.
That's what we focus on."**

Having worked in companies for 14 years as a consultant, project manager and team manager, Jan knows the ins and outs of organizations, people management, transformation and the importance of coaching and change management in this process.

It allowed him to build a unique skill set as a coach and trainer, which he used to build programs that focus on the core of growth and well-being, bridging the gap between training and tangible results, between knowledge and behavior.

Jan has always been passionate about personal growth and is driven to help people and organizations get to the next level.

Mission: help people & organizations thrive, leaving no one behind.

CERTIFIED

- Mastership "Inspirerend Coachen"
- AQai Coach & Consultant
- Career coach
- Canfield trainer and coach



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