



SHIRLEY PALMER

INTERESTED IN MASTERMIND GROUPS.....Read on

Let me ask you a few questions.

- Are you stuck in your business and can't see what's needed for the next level of success?
- How do you inspire, motivate and help your team feel part of the business?
- Are you ready to go above and beyond to identify the limitations that are holding you back, create solutions and take action to raise the bar in your business or career?
- Is it time to step-up, lean-in and break-through your own glass ceiling to enjoy the results of your transformation?

CEO's, Leaders, Luminaries, Visionary Thinkers and the Solo-entrepreneurs are acknowledging the power associated with new thinking in how best to do business today. There is a great desire to look at the importance of authenticity, integrity and creating heart-centred teams who are fully supported by the business. These businesses are investing in the team with personal and business development programmes and of course the leaders are also investing in themselves.

If you are really serious about wanting high levels of success, you need to join a mastermind group.

What is a Mastermind Group?

For those of you who don't know, a mastermind group is just an elaborate term for a group of people with a common goal and similar interests. They meet on a regular basis to share ideas, inspiration and learn to improve what they do. This can be in person, on the phone, via Skype or chat rooms.

Are Mastermind Groups new?

No. The original concept dates back to the early 1900's when Napoleon Hill formally introduced the concept of a Mastermind Group. His book "Think And Grow Rich" is a timeless classic and here he shared his principle. He referred to the Mastermind as "The co-ordination of knowledge and effort of two or more people, who work toward a definite purpose, in the spirit of harmony."

What will you get out of the Mastermind Group?

Spending anything from £10,000 to £100,000 for a private mastermind group sounds a phenomenal cost and the question many people ask is - What will I get for my money? They unfortunately make the assumption it is a course or a workshop or a programme and therefore there are set deadlines to run too – the answer is it is none of these.

THINK IT. FEEL IT. DO IT.™

www.shirleypalmer.com

“Investing in yourself is the best investment you will ever make. It will not only improve your life and your business it will also improve the lives of all those around you.” Robin Sharma

Having personally spent thousands on personal development and mastermind groups I can safely say it was the best decision I have made. It is important to understand you will only get out if what you put in. Here are some examples of what you can attain through being in a Mastermind Group.

- A process to sustain a great work/life balance
- A process to regain your inner strengths and confidence
- Simple processes to do more in a day than in a week
- Great processes for optimising your health, energy and time
- Learn how to transform your mindset
- Feel more empowered, fulfilled, positive and living life on purpose
- An instant and valuable support network
- Create a vision and plan for the future attaining phenomenal success
- Reach your fullest potential, supercharge your business
- HAVE YOUR BEST YEAR EVER!

How much does it really cost?

It is important to remember that a Mastermind Group is a group of people who have chosen to collaborate for the benefit of all members in the group. Therefore the key thing to understand is what group you have chosen to be in and why. You can have free groups assuming all parties are amenable to that process and you already have a great facilitator in the team but if you really want to upscale your life and business then you need to look at the private groups.

The pricing will always vary depending on the facilitator, their experiences, the clients attracted and of course any added extras that might be thrown in. It is reasonable to assume that a Mastermind Group will cost a minimum of £1,000 per month but likewise an Elite Mastermind Group could cost you £10,000 or more a month.

How long does a Mastermind Group last for?

The perfect ideal is a yearlong programme but should be no shorter than six months.

What is the time commitment needed for a Mastermind Group?

Most mastermind groups will commence with an intensive programme, this can be anything from one to four days. Thereafter it can be weekly, bi-weekly or monthly meetings of two hours per meeting.

What a Mastermind Group is NOT!

It's not a networking group. While you may share leads and resources with each other, it is not the main focus of the meetings. However, through your connections with other members, you will find plenty of joint venture opportunities, lead sharing, and professional networking.

THINK IT. FEEL IT. DO IT.™

It's not group coaching. Mastermind groups are about the members sharing with each other, not about the facilitator coaching individuals in a group setting. You get **everyone's** feedback, advice and support.

It's not a class. While your group can vote to bring in guest speakers and teachers occasionally, the main focus of a mastermind group is the brainstorming and accountability support among the group members.

What happens at a Mastermind Group intensive?

The intensive programme gives all the parties an opportunity to really get to know each other on a much more personal level. The emphasis is about taking the cloaks off, being open and honest about your life and business challenges and knowing that everyone in the group is there to help and support you. Each individual will have an opportunity to sit in the 'hot seat' to share their story, goals, ambitions, challenges and successes. It will cover all aspects of life from person to business incorporating career, relationships, health and recreation. It is undertaken with total honesty, integrity, respect and compassion for each other ensuring no ego or judgement.

What happens at a Mastermind Group meeting?

Most mastermind group meetings are held in a very formal manner simply because it is most effective for sharing and learning. Members share their ideas, questions, failures, successes and their visions. It is also expected that everyone attends every meeting.

Follow-up meetings are generally held on a weekly or monthly basis. These of course tend to be about two hours long but can be longer. These meetings tend to be structured with a:-

Beginning: Each person, one-by-one, talks very briefly about their goals from the previous meeting.

Middle: A predetermined person in the 'hot seat' shares, in detail, any number of issues, complications, questions and concerns about his or her own situation. The rest of the members then respond and contribute to the discussion by offering suggestions or comments based on their expert knowledge and/or experience.

End: Each person, one-by-one, talks briefly about the goals that they want to accomplish by the next meeting. Also, the next "hot seat" person is determined so she or he can be ready with questions for the group.

What does a Group member look like?

Group members should be motivated people, with drive and passion for life and success who are willing to ask for as well as offer help and support and who are also committed to the input of time and energy. They should have a similar skill and/or success level, want to reach or exceed their goals, be ready to let their desire to be passionate about their life and work overcome their fear for change and lastly have the yearning and inspiration to make this year their best year ever.

THINK IT. FEEL IT. DO IT.™

“Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements.” Napoleon Hill

Five key reasons to join a Mastermind Group

Think big. Being surrounded by such an amazing group of like-minded people you are continually stretched beyond your boundaries and think big vision. Being in a mastermind will truly give you a Master Mind!

Knowledge. By interacting and sharing your challenges or obstacles it’s almost certain that someone will have a solution for you and in turn you may also be able to offer them a solution, a connection or idea to help another in the group. It is important to remember that everyone in the group is unique in skill, experience and connections together with the cross-promotion opportunities.

Collaboration. The group works together collaboratively to be able to achieve more together. You may find someone in the group to partner on a project with or you might be the perfect person to help another member in the group.

Grow your network. Joining a mastermind group expands your network exponentially and rapidly. If you are in business, you know how important your network is. By joining a mastermind, you instantly add to your network and typically gain the networks of those in the group with you.

The dream team. As part of this exclusive group you will find that other members need you just as much as you need them, so quality of experience and knowledge is crucial to all involved. You will gain your own dream team who can support you and act as great business advisors by sharing their experiences and vice versa. Having this accountability is one of the extremely important benefits.

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” Maya Angelou

Lastly when you talk to others about what you want to do or what your goals are you are much more likely to achieve them. Just imagine sharing your goals weekly and how much more you would want to accomplish because of it. Maybe we don’t want to be seen as lazy, or we don’t want to let others down. It might even be a subconscious thing but whatever it is sharing and talking will help you on that path to success.

Masterminds are incredible and can do wonders for your business as well as for you, personally. Growing in a group is not only more effective, it’s exciting and quite a bit more fun!

THINK IT. FEEL IT. DO IT.™