



THE CYCLE **OF AWARENESS**

Discover an effective tool, based on the humanistic sciences to begin your process of self-knowledge and personal development. Reach your full potential, connect with yourself, experiment, and become the best version of yourself.

→ WHAT IS THE CYCLE OF AWARENESS?

A tool to deepen your own self-knowledge. It offers a map that will guide you in your process of becoming aware of how you perceive your inner and outer world, how you mobilize or interrupt your actions and what brings you closer or further away from feeling satisfaction in your daily life.

→ WHO IS IT FOR?

To anyone who wishes and feels the desire to discover themselves, connect to themselves and transform into a better version.

→ WHY DO THIS PROGRAM?

Through the cycle of awareness you acquire a tool that will allow you to live life with greater coherence between what you feel, think and do. Coherence is something that the human being needs to find his own balance. We need to live with balance to get closer to the feeling of satisfaction, the key to a fuller life.

→ THEMES



1. Connect with your sensations



2. Mindfulness techniques for awareness



3. Internal emotional management



4. limiting Ideas or beliefs



5. Transform your inner language



6. Failure vs error



7. Assertiveness



8. Satisfaction in my action

→ OUR TEAM



Marelys L. Garcia
Mindsliner
& Co-Founder

Marelys is an engineer and an Agile facilitator. She combines her professional experience with her facilitator skills to incorporate training methods and tools that enrich the learning experience.



Noelia Valladolid Baringo (Coco)
Managing Partner
People Officer

Noelia is a psychologist. She has extensive experience helping people learn to manage their emotions and become aware of their difficulties, so they turn those into opportunities for growth.

**We add value to you
sharing our Knowledge**

→ MODALITY

Online course to complete at your own pace. The training is broken down into 8 chapters to learn about, experience and understand the transformative tool of the Cycle of Consciousness.

It includes practical exercises and other complementary elements for a comprehensive and lasting training.

Accreditation diploma signed by our trainers and the possibility of interacting with the mentors.

Requirement: **The desire to learn and grow!**

ABOUT US?

We transform people to transform their environment

We are a young startup dedicated to helping people. Our mission is to bring positive change to the world through the growth of individual human potential. To achieve this, we combine professional experience with the latest human-centered learning practices, always based on evidence and neuroscience. We make the results available to our clients in unique, easy-to-use learning solutions that help people unleash their potential.

We transform individuals and change behaviors that lead to growth and high performance.



MEET MINDSLINES

To learn more about Mindslines, our Awareness Cycle and our learning offers, write to us at info@mindslines.com.

You can also follow us on our social media, to be informed about our courses, publications and other resources of interest on the driving force of growth and evolution: **Learning!**



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Experiential method

We offer experiences

Practical exercises

Work guide

Mindfulness

Guided relaxation

Biopsychosocial approach

Mind, body and social context.

Scientific basis

Humanistic Sciences, Psychology, Neuroscience

Discover at your own pace

You decide when to start