

CLARE DESIRA

Positive thinking is boring!

PRACTICAL MINDSET HACKS FOR BETTER RESULTS



TOP FIVE MOVEMENT

“

I'LL BE HAPPIER WHEN...

**When I say
filter,
you say....**



What are more
HELPFUL
PRODUCTIVE
ENCOURAGING
thoughts to focus on right now?

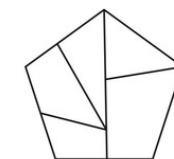


TOP FIVE MOVEMENT



FOCUS BASED GOALS

Work with love and
purpose everyday



TOP FIVE MOVEMENT

Work with ____ and ____ everyday

CONFIDENCE
MEANING
GENEROSITY
FUN

CLARITY
PURPOSE
DETERMINATION
JOY

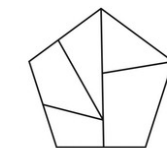
PRODUCTIVITY
LOVE
SENSE OF CALM
FOCUS



TOP FIVE MOVEMENT

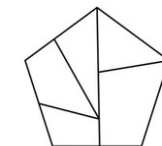
Getting started...

- What are you currently thinking and doing when you feel like this?
- What are you currently thinking and doing when you **don't** feel like this?
- What do you know for sure **will** support with your goal?
- What do you know for sure **won't** help with your goal?



FOUR WAYS TO

***MAKE
THOSE
THOUGHTS
COUNT***



TOP FIVE MOVEMENT

FOUR WAYS TO *MAKE* *THOSE* *THOUGHTS* *COUNT*



CLARE DESIRA

Owner, Top Five Movement

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*Award winning
mindset speeches,
training,
coaching and
tools*



TOP FIVE MOVEMENT

TOP FIVE MOVEMENT COACHING REVIEWS

"I've built more confidence through our coaching program than I have in my first 30 years."

2018 CORPORATE COACHING CLIENT, AMANDA CLARK

"I hadn't made any sales in the first 7 months of my role and I've closed 7 sales in the two weeks since my coaching session with Clare. I haven't had any extra training, I've just put her mindset tips in place. I'm on a roll."

CORPORATE COACHING CLIENT, LARA HOWARD

"I was too scared to speak up in a team meeting but after my coaching I felt confident to stand up and share customer feedback in front of 250 people and I took on a more senior role which I'd declined several times before."

CORPORATE COACHING CLIENT, KAREN HINDS

"Some of the realisations I've had through this coaching program have been the biggest milestones in my life. In over 40 years... I honestly have never felt this level of self-respect and permission to be the person that I am "

2018 CORPORATE COACHING CLIENT, ALANA MARTIN

CLARE DESIRA

Owner, Top Five Movement

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WANT MINDSET COACHING?

WANT TEAM PROGRAMS?

WANT A MINDSET SPEAKER?

WANT FREE RESOURCES?

EMAIL:

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*Let's slow
down to go
faster!*



TOP FIVE MOVEMENT