



Graeme Godfrey
TALK. TACKLE. TRIUMPH.

WORRIER OR WARRIOR?

You become what you focus on

Invite your best people to attend an engaging group coaching masterclass, Worrier or Warrior! In this powerful 90-minute in-person or online masterclass, we'll explore how your thoughts shape your reality and determine whether you face challenges as a worrier, drained by doubt and fear or as a warrior, empowered by resilience and confidence.

Through guided discussions, mindset shifts, and practical exercises, you'll learn how to reframe negative thought patterns, cultivate inner strength, and channel your energy toward growth and success.

By the end of this session, you'll walk away with 20 game-changing insights and the tools and techniques to use and practise immediately to shift your focus, rewire your mindset, and embrace the warrior within.

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“Really insightful ‘Worrier or Warrior’ session with Graeme - I highly recommend Graeme for his approach and content.”

- 1 Disconnect to Reconnect:** Turn off distractions (phones, etc.) to be fully present.
- 2 Group Coaching Power:** A supportive, honest group environment accelerates growth.
- 3 Embrace the Uncomfortable:** Growth happens when you step into the gritty and uncertain.
- 4 Universal Worries:** Remember everyone, even top performers, experiences worry.
- 5 Control in Crisis:** In moments of panic, creating certainty through action can bring calm.
- 6 Transform Anxiety:** Shift from catastrophic, draining worry to energising, focused stress.

- 7 Daily Meditation:**
Even five minutes of mindful breathing can reset your mindset.
- 9 Affirmations Work:**
'I am' and 'I have' statements help rewire your beliefs.
- 11 Problems as Opportunities:**
Embrace challenges as hidden chances to grow.
- 13 Live in the Present:**
Focus on now, not on past regrets or future worries.
- 15 Become a Warrior:**
Own your thoughts and take responsibility for your mindset.
- 17 Be Open to Change:**
It may feel odd at first, but mindset shifts lead to real transformation.
- 19 Small Steps Matter:**
Even tiny shifts can lead to lasting change over time.
- 8 Subconscious Impact:**
Your subconscious accepts every thought, make them positive.
- 10 Reframe Your Language:**
Replace "anxious" with "excited" to change outcomes.
- 12 Shared Vulnerability:**
Speaking your truth in a group builds collective strength.
- 14 Mindset Shapes Reality:**
What you repeatedly tell yourself becomes your reality.
- 16 Build a Routine:**
Consistency through meditation and affirmations, anchors positive thinking.
- 18 Feed Your Passion:**
Do what you love; it naturally diminishes negativity.
- 20 Lead by Example:**
Personal transformation is contagious, when you change, others follow.

Who should attend?

This engaging session can benefit the organisation with a top down approach. The C-Suite, the board, management and teams within the company who want to feel less like a worrier and more like a warrior. Energised, passionate and more positive about life and work.

If that's you and your people, please contact us at hello@graemegodfrey.com or call 0203 905 5600

We're here to help!

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"I had a team training session with Graeme - he really knows his stuff about handling negative anxiety and shared some techniques for manifestation and training our subconscious mind.

His style was engaging and the whole team got a lot out of it. Really useful tools we can actually use.

Thanks for a great session!

