Is your team working hard, but results aren't matching the effort? Are you seeing mistakes, burnout, or operational friction slowing everything down?

These challenges are signs your team is stuck, hindered by ways of working that limit capacity and prevent them from delivering their best. *As a leader, now is the time to take decisive action to help your team thrive.*

Partner with Happy Mindset to Get Your Team Unstuck

Use Happy Mindset's proprietary **Mindset Engineering™** framework to get your team unstuck by uncovering and shifting the *mindset constraints* — the assumptions, beliefs, and rules — that shape how work gets done. The framework reveals ways to improve operations that support both well-being and the bottom line.

A Happy Mindset talk guides you and your team through one or both steps of Mindset Engineering™:

Step 1. Identifying Mindset Constraints	Step 2. Shifting Mindset Constraints
This step explores your team's operational issues and uncovers the mindset constraints creating them. A talk on this step helps your team: • See operational friction not as annoyances to tolerate, but as clues pointing to where systems and workflows are ineffective. • Explore Mindset Engineering™ prompts or exercises to uncover the mindset constraints shaping the current decisions and systems. • Gain clarity on the mindset constraints actually creating the frustrations, creating a foundation for transformative solutions.	This step shifts the constraints and uncovers the actions that resolve the root cause of the issues. A talk on this step helps your team: • See that existing mindset constraints aren't fixed—they can be shifted and each shift unlocks new ways of working. • Explore Mindset Engineering™ prompts or exercises to understand which constraints to shift and how to shift them. • Identify new workflows, processes, and systems that become possible once mindset constraints have been shifted.
Best if: *You want clarity on what's really causing the issues or operational friction in the team.*	**Best if:** *You've identified mindset constraints and want guidance on shifting them to find new solutions.*

Happy Mindset talks transform how teams see and approach their work. Combining *strategic insight, a pioneering framework, and engaging delivery*, Dr. Ada Barlatt guides your team from insight to immediate action. Choose from two high-impact formats:

- **Keynotes**: Stage-based talks that teach core principles and include guided reflection prompts.
- **Workshops**: Interactive sessions with time to practice applying concepts, work through exercises, engage in group discussion, and ask questions.

It's time to get your team unstuck. Transform operational friction into new ways of working, schedule a Discovery Call now to explore how Happy Mindset can support you, your goals and your organization.

[**Book a Discovery Call**]

happy mindset