



IQ Lifestyle

Fitness . Music . Dance

MINDSET MASTERY

Overnight 7-8 May 2026
Ras Al Khaimah



MINDSET MASTERY

High-Impact Overnight Professional Development Workshop

Step away from distractions.

Step away from noise.

Step into clarity.

Mindset Mastery is an immersive overnight workshop designed for freelance fitness professionals who want focus, direction, and momentum in building their future.

We step away into nature — completely removed from daily distractions — and dedicate time to thinking clearly, brainstorming boldly, and taking action.

You'll be surrounded by like-minded individuals who are also ready to move forward.

What's Included

-  Overnight stay in a farmhouse surrounded by nature
-  Dormitory-style accommodation (6 male / 6 female)
-  All meals included
-  Structured social and team-building activities
-  Guided group discussions and mindset sessions
-  Brainstorming and peer feedback
-  Personal 30-Day Action Plan

No commuting.

No interruptions.

No outside noise.

Just focus.

The Four Pillars of Mindset Mastery

- ◆ Pillar 1 – Start Smart, Not Stressed
- ◆ Pillar 2 – Clients on Tap
- ◆ Pillar 3 – Your Way, Your Play
- ◆ Pillar 4 – Fearless & Unstoppable

These pillars form the foundation, guiding you through clarity, confidence and direction in your freelance fitness journey.

The Experience

This is not a luxury retreat.

It's a focused reset.

You'll engage in:

Team-building activities

Strength-based exercises to understand how you operate in business

Honest conversations about fears and barriers

Group brainstorming sessions

Supportive feedback from peers

Time in nature to reflect and reset

Being in a shared environment builds connection, accountability, and confidence. You'll leave not just with ideas — but with belief.

You Will Leave With:

A clearer direction for your freelance path

Greater understanding of your strengths in business

Confidence to move past fears

Support from like-minded peers

A practical 30-Day Action Plan to put everything into motion

REPS CPD points:

TBC

Number of students:

6 male and 6 female maximum

Investment:

2625aed inc vat

Accommodation:

Dormitory style single beds (6 persons per room)

Investment:

2500aed

(Early bird rate until 31st March 2026 - 2000aed one-time bank transfer)

Register here:

<https://form.jotform.com/260465347825463>

Payment must be received to guarantee your place

Only 12 places available (6 female, 6 male)

