

MINDSONAR ME

International MindSonar Community Newsletter



WORDS FROM JAAP

Hi Everybody!

The second Corona wave is here. Many of us are worried, and with good reason. Assuming that pandemics are outside our individual locus of control, what can we do?

My suggestion: keep your distance, wash your hands, keep your eye on the prize (health, energy, safety). Send supporting messages to your immune system. Use varied meta programs when you invite others to stick to the rules.

Jaap Hollander - MindSonar Founder



MINDSONAR NEWS HIGHLIGHTS

Webinar - October 29th, Ian Clarke presents a [webinar](#) on introduction to Mindsets using Mindsonar. 0930-10:30 hrs GMT. Feel free to invite your perspective clients and trainees

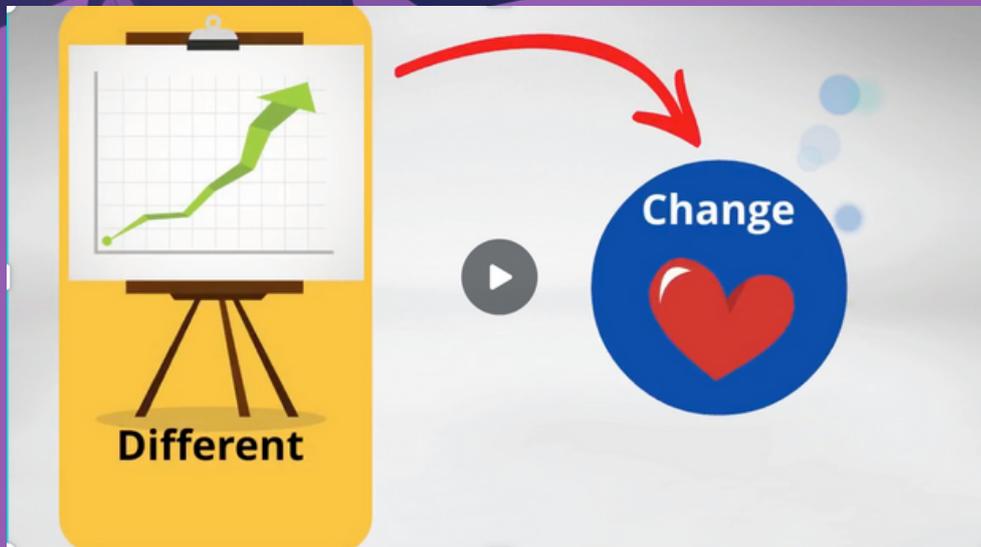
MindSonar Developers - Are working on a series of improvements and solutions. Last weekend the implementation of the new benchmark feature was planned, but it was postponed due to one VStorm developer being ill.

MindSonar Certification - Jaime Leal has developed some great videos and online tutorials through Moodle. Want to refresh your skills? speak to your Distributor!

Mindsonar Me - Ian Clarke would like to showcase you and your work. Please email him a short biography, article or a showcase of good Mindsonar work you have done. Contact [Ian here](#)



Psychologist Jaime Leal made a sharp and short explainer movie about MindSonar, with very clear line of reasoning. A must-see for all MindSonar Professionals!



DIRECTOR

MINDSONAR PROFESSIONALS GLOBALLY



MEET AGNIESZKA NADSTAWANA

Agnieszka has been in business since 2006, a licensed trainer and business coach with expertise in emotional intelligence. Agnieszka is also motivational keynote speaker. Apart from business her second passion is working with singles (people 35+ "without a couple").

Agnieszkais draws inspiration gaining new qualifications and licenses in the field of Design Thinking®, LEGO Serious Play®, Transformative Communication, NLP, hortiotherapy, art therapy, etc.

Agnieszkais life mission (reinforced by her work with MindSonar) is to count the wings that grow in front of her eyes for people. Her vision - to equip many thousands of customers with them. Her speciality is developing people's social competences: communication, effective teamwork and interpersonal development.

Say hello to [Agnieszka](#)



RECOGNIZING MINDSET



Asking somebody in the supermarket to keep their distance:

Towards: "Let's all stay healthy!"

Away from: "We don't want to end up in an Intensive Care Unit, do we?"

Concept: "Better distance means better safety. That's the idea."

Structure: "When you combine distance with hygiene and masks, your risk is reduced."

Use: "1,5 meters is the length of 4 beer crates. If you remember that, it's easy".

Article

THINKING STYLES FOR NEW TIMES

BY AGNIESZKA NADSTAWANA

"Change your thinking: it's in your head" - you hear that and you automatically nod, "I know, I have to change the way I think." But how? Nobody knows. But how can we change the way we think when our experience, everything we have learned and lived through, what makes up our history, transforms into our personal logic of how we conduct ourselves?

COVID

The pandemic: first strict social isolation, then business slowdown and often collapse. Finally constant choices: where to go or not, shake hands or not, endless discussions as to whether there is a virus or not –it all escalates stress and often divides people. And it certainly doesn't help companies. People need to look for new ways to communicate, to show and receive attention.

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