



## MasterMIND: Is it Time for Me?

Verity MasterMIND is a journey – and a participant must be open to the process, and fully participate and engage in the group for mutual benefit of all participants. It is not sufficient to merely show up to meetings; true masterminding requires being both physically and mentally present. MasterMIND indeed reflects the mantra “the more you put into the program, the more you get out of it!”

There is a considerable time commitment required from MasterMIND participants. Each group meets monthly from September to June for a 2-hour meeting. This is a 20-hour commitment annually. (To put it in perspective, 20 hours seems negligible when you consider what you stand to gain from the experience. The benefits can be tenfold!). Depending on the structure and agenda of the group, there may also be additional time required to complete “prep work” or “reflective work” outside of MasterMIND.

The motivation and guiding reason for mandating 10-month term is that it gives members sufficient time to plan and implement larger scale goals. The desire is for MasterMIND to be a productive forum that facilitates the achievability of professional landmarks. The 10-month term gives members the opportunity to take real, measureable steps towards the advancement of their goals. It provides for a brainstorming time frame, a planning phase and the ultimate conquest of the goal. We want MasterMIND to generate real, rewarding experiences!

To reap the greatest benefits from MasterMIND, it is important to determine that you are ready for the journey. In order to determine if you are a suitable candidate to participate in the MasterMIND program, consider the questions below.

1. Do I have an idea/vision about what I want to get out of the MasterMIND program?
2. Am I open to the MasterMIND journey?
3. Do I realistically have the time available to commit fully to the MasterMIND program?
4. Does the prospect of helping others achieve their goals appeal to me?
5. Am I willing to share my experiences and challenges with a group?
6. Am I willing to invest in myself via the MasterMIND program?
7. Am I ready to grow personally and professionally?
8. Am I ready to learn from my peers?

If you have determined that you are ready for the MasterMIND journey, please contact Cecilia Keller at [ck@verity.ca](mailto:ck@verity.ca) or at 416-368-6006 x 239