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Sebastian Bailey, Ph.D., is cofounder and president of Mind Gym, Inc. More than 50 percent of the companies in the S&P 100 have adopted Mind Gym, Inc.s programs, which run in forty countries.

Mind Gym Achieve More By

Praise for "Mind Gym: Achieve More by Thinking Differently" "Mind Gym is a mind gem. Indeed, it is a treasure trove of sparkling and actionable insights into human thinking. A true winner." -Robert B. Cialdini, Ph.D. Influence "This fascinating book will help you be your best and unlock your peak potential!"

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Mind Gym - Sebastian Bailey - E-book - HarperCollins US

I've been training for 25 years, but I can still say that I learned more in my four days' certification with Mind Gym than I learned at any other facilitation training session I've ever been to. - Peter

Our approach | Mind Gym US

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Sebastian Bailey and Octavius Black, founders of Mind Gym, help you change your mental default settings through a series of workouts that have been tested and experienced by more than one million people  
world and from companies such as Google, NBCUniversal, Shell, Pfizer, and PepsiCo.

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Mind Gym's facilities are top notch and really worked hard to understand and connect the construction industry nuances. They partnered with us to tailor the Seven Talents around our D&I efforts  
to fit Shawmut's specifications.

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