

MIMI BLAND

THE ANSWER IS YOU

SELF MASTERY MENTOR

Mimi *Bland.*

Stop reacting and
start leading from
inner authority.

A private advisory for founders, CEOs & visionaries ready
to move from **stuck & unfulfilled** → aligned, clear & in
control.

MIMIBLAND.LONDON



FOR THE ONES WHO ALREADY LOOK SUCCESSFUL

You've built the life. Now you want to *live in it*.

These are the quiet truths high achievers rarely name out loud. See if any of them feel like yours.

Emotionally reactive

You know how to perform — but under pressure, old patterns still run you. The decisions that matter most are made from frequency, not logic.

Disconnected from intuition

The signal used to be clear. Now the noise is louder than the knowing — and every "yes" costs more than it should.

Successful but unfulfilled

The external life looks right. The internal life whispers that something is still out of alignment with who you actually are.

Stuck in repeating cycles

Different industries, partners, teams — same loops. Because the loop isn't in your strategy. It's structural.

THE SHIFT

This is not mindset work.
This is not therapy.
This is not manifestation.
It is a structural shift.

Stuck & unfulfilled



Aligned, clear & in control

CHAPTER ONE

The *story*.

Three decades. A full deconstruction of the self. And the return — emotionally, mentally, energetically.

MEET DR. MIMI BLAND

A mentor for the work that
comes *after* the success.

International motivational speaker. Author of seven
books. Creator of *The Awakening Creation Framework*.
Doctorate in Spiritual Psychology.

My work sits at the intersection of **awakening,**
psychology, metaphysics and leadership — helping
high performers stop reacting to life and start creating
it from inner authority.

25+
YEARS GUIDING
LEADERS

7
BOOKS
PUBLISHED

IIIK+
GLOBAL
FOLLOWING

PhD
SPIRITUAL
PSYCHOLOGY

“

*When you align with
truth, Source and inner
being, you stop reacting
to life and begin creating
it.*

— MIMI BLAND

WHAT I DO

Four ways I work with high achievers.

Mentorship, courses, books and the stage
— four routes to the same destination.

01 – MENTORSHIP

Private Mentorship

One to one, by application.
Recalibration at the root, with
Mimi beside you.

02 – COURSES

Courses & the App

Self Mastery and more, at
your own pace, with every
meditation in the Self-Mastery
app.

03 – BOOKS

The Answer Is You

The #1 Amazon bestseller,
and the books on awareness,
alignment and self-belief that
followed it.

04 – STAGE

Speaking & Media

Keynotes, panels, and televised
conversations on transformation.

WHO I WORK WITH

High achievers who've built the life —
and now want to *live it*.

— FOR —

Founders & CEOs

Leaders carrying the weight of teams, capital, and identity.

— FOR —

Visionaries & Creators

Artists and entrepreneurs whose work demands they stay aligned.

— FOR —

Serious Students

Anyone done reacting — ready to create life intentionally.

CHAPTER TWO

The *programs*.

Five ways in — from one 30-minute recalibration to an eight-week rebuild. Designed for where you are and how deep you're ready to go.

MENTORING & RETAINER PACKAGES

Five ways in.

ENTRY • 30 MIN

Rapid Recalibration

One sharp, honest conversation to pinpoint the block and name the shift — no fluff.

£133

30-MINUTE SESSION

FORMAT • SINGLE
SESSION
BOOK DIRECTLY

TIER 01

One-to-One Intensive

A 90-minute recalibration to dissolve overwhelm and activate your next move.

£555

90-MINUTE SESSION

FORMAT • SINGLE
SESSION
BOOK DIRECTLY

TIER 02 • 3 WEEKS

Identity Recalibration

Dissolve the patterns and beliefs quietly running your life — and recalibrate to who you actually are.

£3,500

3 × 90-MIN SESSIONS

FORMAT • 3 WEEKS
EMAIL SUPPORT
THROUGHOUT

SIGNATURE

Self Mastery Recalibration

An eight-week rebuild of identity, emotions and energy — my signature mentorship.

£8,000

8 × 90-MIN SESSIONS

FORMAT • 8 WEEKS
OR 8 WEEKLY PAYMENTS

TIER 04 • PRIVATE

VIP Day — Recalibration Intensive

A full-day immersion for high-level transformation in a compressed window.

£5,000

1 DAY • 5-6 HOURS

FORMAT • 1 DAY
IN PERSON OR REMOTE

SESSIONS BOOK DIRECTLY • PROGRAMMES BY APPLICATION

ENTRY POINT • ONE SESSION

Rapid Recalibration.

You've been doing all the things and getting nowhere.
Or you're brand new and already doubting if any of this
actually works. Either way — you're exhausted,
frustrated, and ready for a straight answer. **This is it.**

*For you if you're stuck in the same patterns despite knowing
better — and want one sharp, honest conversation before
investing more time or money.*

£133 30-MINUTE SESSION

ONE SESSION • IMMEDIATE CLARITY

WHAT WE COVER IN 30 MINUTES

Pinpoint the block — the core misalignments
keeping results at bay

Clear the confusion — how manifestation & self
mastery actually work

Identify the shift — what needs to change, and
what to stop entirely

Reset your approach — receive with ease, stop
creating from effort

BOOK DIRECT • MIMIBLAND.LONDON

TIER 01 • BOOK DIRECTLY

One-to-One Intensive.

A 90-minute recalibration session designed to dissolve overwhelm, cut through noise, and activate your next move — from a place of power. Perfect for a single moment when you only need one.

£555 90-MIN SESSION

BOOK & PAY ONLINE

WHAT'S INCLUDED

90-minute private recalibration

Pre-session intake & clarity prompts

Live integration map

Personalised next-move action plan

Recording & written summary

BOOK DIRECT • MIMIBLAND.LONDON

TIER 02 · 3-WEEK INTENSIVE

Identity Recalibration.

Most people don't have a strategy problem — they have a **self-connection** problem. No amount of planning, goal-setting or mindset work touches the root until the identity underneath is addressed.

This is not coaching. This is recalibration.

£3,500 3-WEEK INTENSIVE

BY APPLICATION

WHAT'S INCLUDED

3-week private intensive

3 × 90-minute private sessions

Email support throughout

Dissolve the patterns, beliefs & emotional blocks

Recalibrate back to who you actually are

TO APPLY · MIMIBLAND.LONDON

TIER 03 • SIGNATURE PROGRAM

Self Mastery Recalibration.

My signature high-touch mentorship — an eight-week rebuild of identity, frequency, and alignment, designed to redefine who you are, what you create, and the life you do it from.

Who do you want to become if money, fear, or the past were no longer the architect?

£8,000 8 × 90-MIN SESSIONS

OR 8 WEEKLY PAYMENTS OF £1,000

WHAT'S INCLUDED

Eight private 90-minute sessions

Emotional mastery, frequency & alignment work

Bespoke language upgrades

Bespoke recalibrations for founders & creators

Voice & message support between sessions

BY APPLICATION

TIER 04 • PRIVATE INTENSIVE

VIP Day — Private Recalibration.

A full-day, in-person or remote intensive for high-level founders, leaders, and creators. One day. One transformation. One recalibrated life direction.

£5,000

1 DAY • 5-6 HOURS

IN PERSON OR REMOTE

WHAT'S INCLUDED

5-6 hours of one-to-one recalibration

Guided embodiment & energetic alignment

A strategy integration session

Your Self Mastery accountability folder

Lunch included when we meet in person

BY APPLICATION

CHAPTER THREE

The courses.

Learn at your own pace. Three courses, one truth: master your mind and emotions, and you can create the life you want.

LEARN AT YOUR OWN PACE

Three courses. One *truth*.

Every course teaches the same truth in a different way. Master your mind and emotions, and you can create the life you want.

01 • 30 DAYS

Self Mastery

The 30-Day Alignment Protocol. Morning alignment, daytime awareness and evening reprogramming, with the book, the workbook and the app meditations.

£22 BOOK • WORKBOOK • APP

02 • 7 DAYS

Rewrite Your Money Story

A seven-day journey to uncover the story you were handed about money, clear its emotional charge and write a new one.

£9.99 WORKBOOK • 2 MEDITATIONS

03 • NEWLY UPDATED

The Answer Is You

The formula to master your mind and your emotions. Thoughts, feelings, actions, results.

£33 THE COURSE

THE FLAGSHIP COURSE • 30 DAYS

Self Mastery.

The 30-Day Alignment Protocol. About twenty minutes each morning, a few conscious moments through the day and a short reflection each evening — across four phases: Awareness, Alignment, Integration and Creation.

Stop reacting. Start creating.

£22 THE FULL COURSE

mimibland.london/courses/self-mastery

WHAT YOU RECEIVE

The Book — thirty chapters, one for each day

The Workbook — tracker, guides & reflections

Guided meditations — in the Self-Mastery app

Three daily practices — morning, daytime, evening

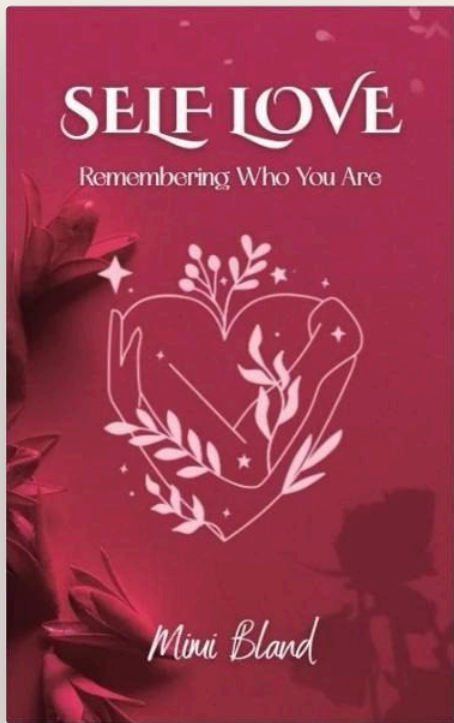
Your Personal Alignment Routine — for after Day 30

45 DAYS OF APP ACCESS INCLUDED

THE RETURN TO SELF

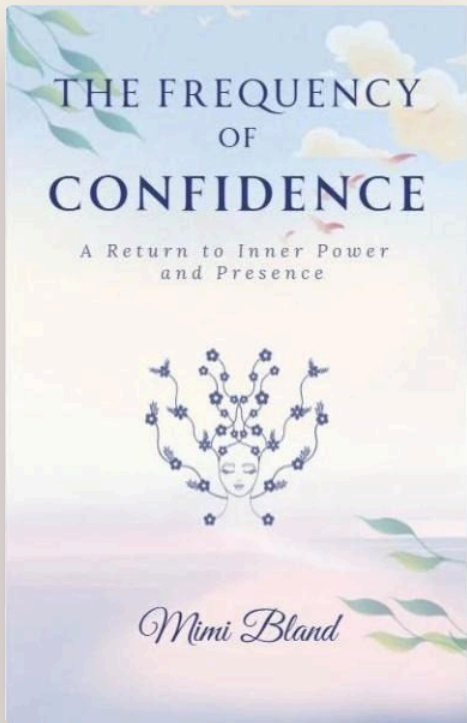
A four-part journey
back to wholeness.

Read as a complete arc, or one volume
at a time. All four are available together
as eBooks.



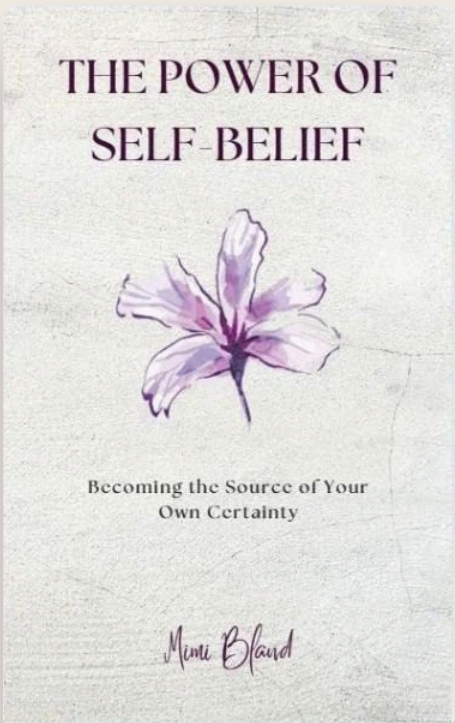
VOLUME I

Self-Love
Remembering Who You Are



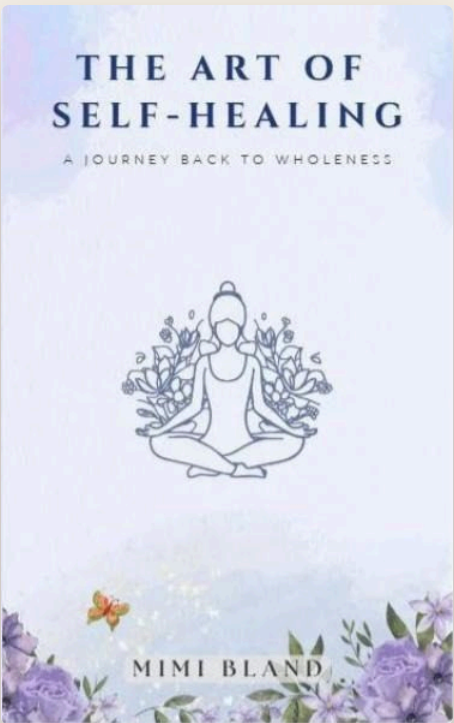
VOLUME II

The Frequency of Confidence
A Return to Inner Power &
Presence



VOLUME III

The Power of Self-Belief
Becoming the Source of Your Own
Certainty



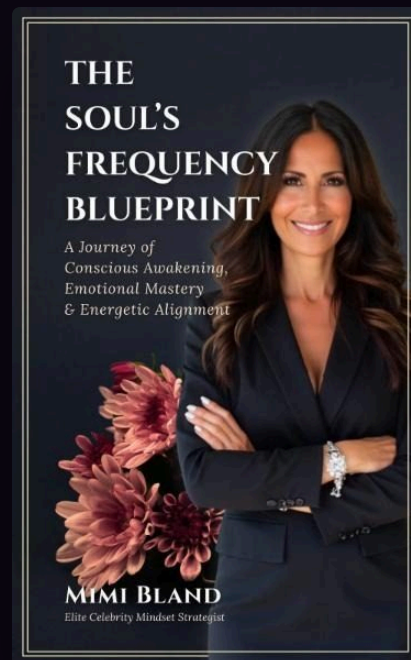
VOLUME IV

The Art of Self-Healing
A Journey Back to Wholeness

BESTSELLING STANDALONES

Three more bestsellers.

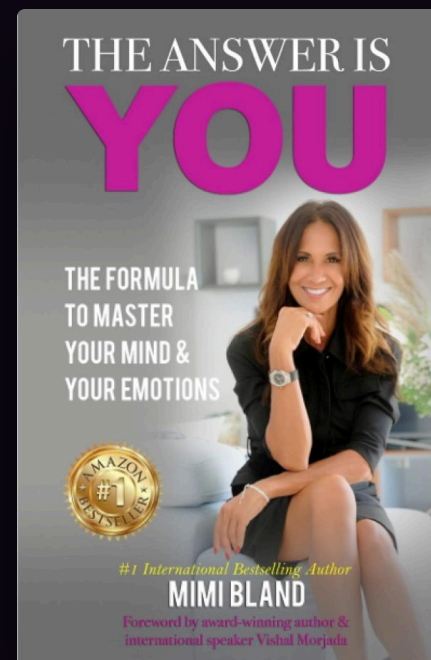
Mimi's flagship works on awareness, alignment, and the frequency of becoming — read in any order.



BESTSELLER

The Soul's Frequency Blueprint

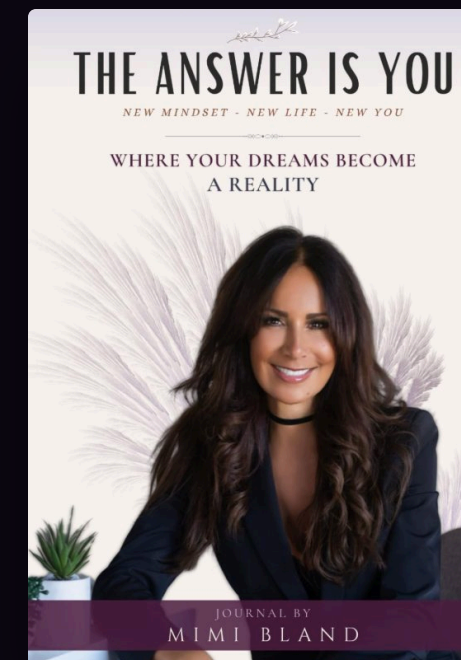
A Journey of Conscious Awakening
& Energetic Alignment



#1 AMAZON BESTSELLER

The Answer Is You

The Formula to Master Your Mind
& Your Emotions



COMPANION JOURNAL

The Answer Is You — Journal

Where Your Dreams Become a
Reality

IN YOUR POCKET

The work, on the device
that's *always with you*.

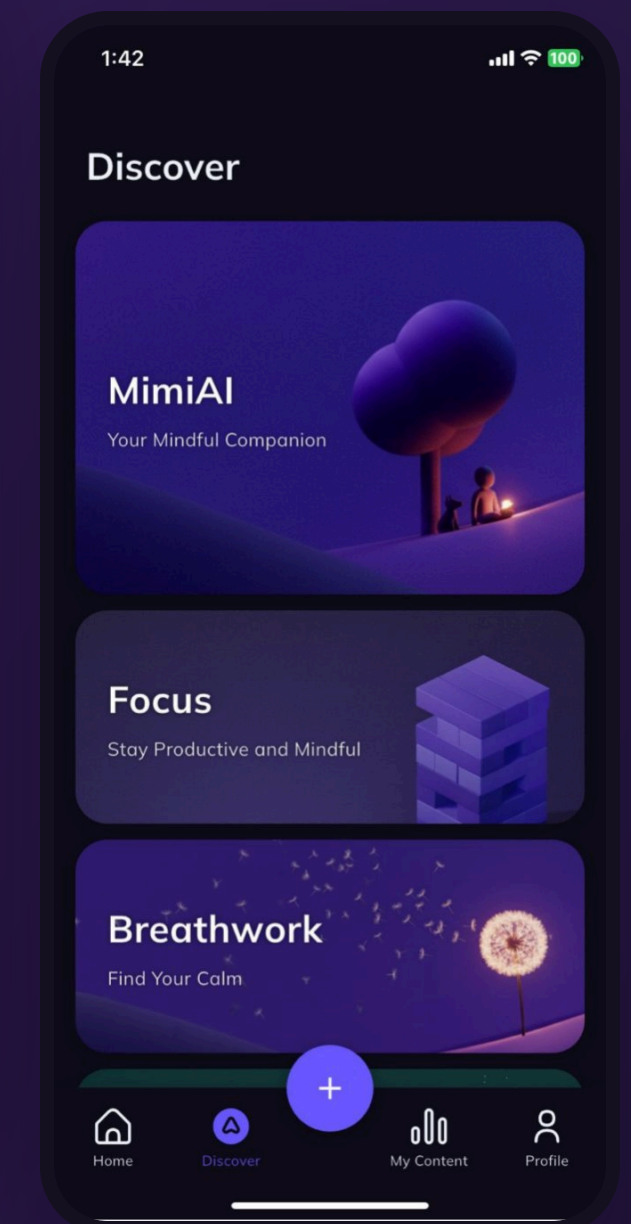
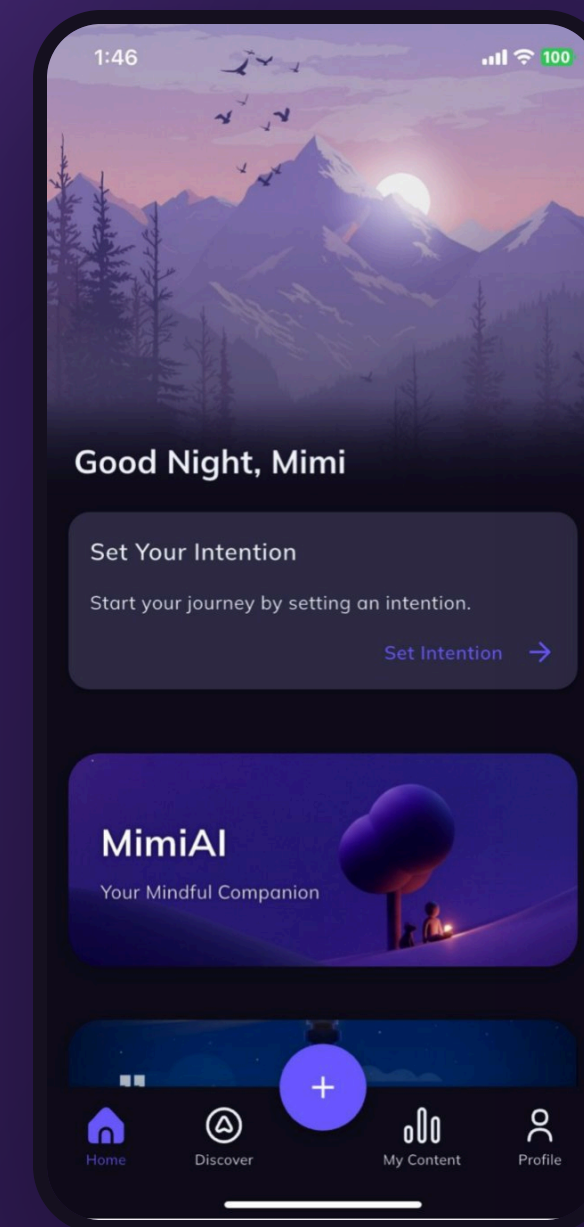
The Self-Mastery App, on the App Store — your daily companion for mastering your mind and emotions. Keep the practice in your everyday rhythm, not just on the days you remember.

01 Daily teachings & guided meditations

02 Breathwork & alignment practices

03 Every meditation from Self Mastery

04 Conversations with MimiAI



ON THE STAGE

Speaker & media.

Keynotes, panels and televised conversations on mastering the mind and emotions, self-love and conscious leadership. Mimi has spoken at the ILU World Education Summit, Global Woman Dubai & UK Conference, Business Scotland Summit and The Power of Love Summit.

- KEYNOTES
- PANELS
- BROADCAST
- PODCASTS



AS FEATURED ON

In conversation,
across stages.

FoxNews

Forbes

abc

NBC

THE *TIMES*

+ Multiple Featured Press

PRINT & BROADCAST

IN THEIR WORDS

Client voices.

I have always struggled with managing my thoughts and emotions, which often left me feeling overwhelmed and unfulfilled. Since working with Mimi, I've experienced a complete transformation in my mindset and approach to life.

— IVAN CARTER

Mimi is truly a remarkable spiritual mindset mentor. I have been struggling with anxiety and self-doubt for years, but after working with Mimi, I feel like a weight has been lifted off my shoulders.

— ROBERT KATZ

I have always struggled with my mindset and finding inner peace in a chaotic world, until I found Mimi. Her program has truly transformed my life and helped me master my mind and my emotions.

— MARTIN CADDEL

THE AWAKENING CREATION FRAMEWORK

A four-part path to alignment.

01 — AWARENESS

See what's
actually running you.

See the patterns, frequencies,
and conditioning that have been
running the show. Naming is the
first move.

02 — ALIGNMENT

Bring mind, body
& energy into truth.

Bring mind, body, and energy
into coherence with truth. The
reactive self goes quiet, the
aligned self starts speaking.

03 — INTEGRATION

Move the work
into daily structure.

Move the work from insight
into daily structure —
decisions, relationships,
leadership, body.

04 — CREATION

Build life from
inner authority.

From this place, you stop reacting
to life and begin creating it —
with clarity, authority, and ease.

WORKING TOGETHER

What to expect.

When we work together, we will look at where you are, and the problems or concerns that are holding you back from being free. We will work together to identify where you are presently — and how to get to where you need to be to live the life you truly want.

01 **Apply**

A short application, then a private clarity call to understand the moment you're in.

02 **Bespoke Plan**

A program shaped around your work, life, and aim.

03 **The Work**

Weekly or bi-weekly sessions, integration, and live support.

04 **The Return**

Aligned. Clear. In control of your life direction.

“

*You are not becoming.
You are returning.*

— MIMI BLAND

GET IN TOUCH

Return to
yourself.

— Mimi Bland, London

EMAIL

hello@mimibland.london

WEBSITE

mimibland.london

INSTAGRAM

instagram.com/mimibland.london

YOUTUBE

youtube.com/@mimiblandmindset

LINKEDIN

linkedin.com/in/mimi-bland-127a414b

APPLY

mimibland.london/work-with-mimi



The answer is you.

MIMI BLAND