

## Welcome to the Present Moment.

It is a known fact that when people are happy and empowered they are more likely to operate at their maximum potential. But how many people are fully engaged and passionate about their lives, let alone their jobs?

Sadly there has been an insidious trend of negativity in the world, an epidemic of depression and a collective feeling of uneasiness, which brings us to the present moment.

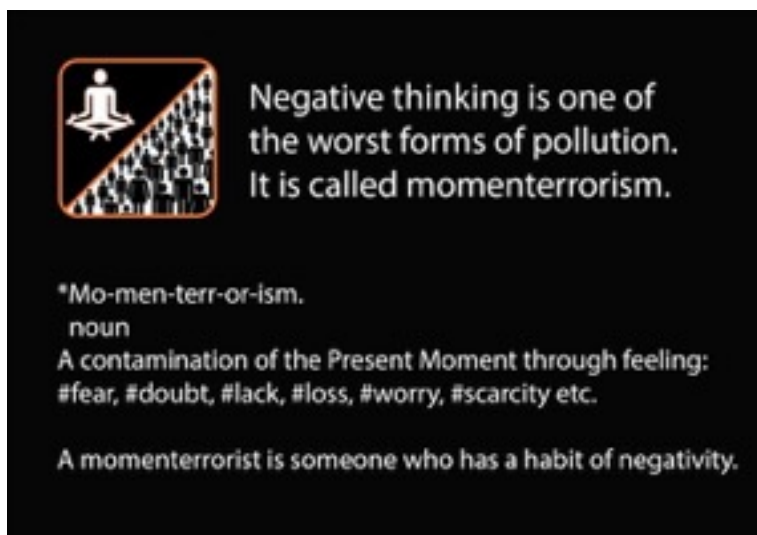
Kat Dawes offers an entertaining solution to quickly introduce and integrate the 'Practice of Mindfulness' into a working environment. Engaging individuals about the quality of their thinking and feeling, her message of 'NOWism' enrolls people into cleaning up the 'Mental Atmosphere', and assists them greatly by providing them with a variety of tools, which are playful and pleasing to engage in.

NOWism helps birth a Conscious Culture in individuals and the workplace.

## Program Overview

### In a world full of negativity... This is the Game of NOW NiNJAZ

Negative thinking is the worst form of pollution. As a culture it is becoming more and more clear – we have a collective negative habit. We perpetuate drama by focusing on it. How does one 'get happy' and most importantly *stay happy*, when you are essentially surrounded by stresses and 'negativities' that re-enforce the drama? We all know how distracting it can be when there is a bad vibe in the room. What's worse, is when you are the bad vibe.



Negative thinking is one of the worst forms of pollution. It is called momenterrorism.

\*Mo-men-terr-or-ism.  
noun  
A contamination of the Present Moment through feeling:  
#fear, #doubt, #lack, #loss, #worry, #scarcity etc.

A momenterrorist is someone who has a habit of negativity.

What if there was a way to not only stay in the high vibes, but also become powerfully contagious and set the tone for others?

The premise of Kat's Teaching (NOWism) and her Game of NOW NiNJAZ, is that we have to give 'good vibes' airtime in our minds. The fine print is – 'good vibes' help activate more of your potential. Through focusing your attention into this game of consciousness, you become the right condition for not only more of your potential to express, but for life to flow easily for you; better health, relationships, abundance and overall passion for life. The Game of NOW NiNJAZ is a platform for mindfulness to become a dynamic conscious culture.

## To Inspire and Activate!

Do you ever feel lethargic at work?

Does it feel like it can take a long time to get into the zone and be productive?

Do you sometimes forget what 'the zone' even feels like?

Do you wish everyone could work together?

Can you often feel flat, stagnated and uninspired by the vibe at work?

Do you wish you could make a difference, think clearly and get happy?

Do you ever feel freedom?

The energetic vibe of a team of people equals the average vibe of the individuals. When you have a number of participants generating a positive vibe, it easily dominates and lifts the Mental Atmosphere of the environment. Therefore, it is vital that there be a number of inspired individuals to set the tone in a work environment and out-weigh the (sometimes subtle) negative vibe that can easily spread like a virus.

A NOWism practice inspires people to fully participate in their moments. They become personally interested in 'excellence' and they begin to deliberately bring high quality participation to everything they do. As they start to see the effect that lifting the vibe in the present moment has on every corner of their personal lives, they get into a brilliant momentum. The best part is – it is catchy! It feels good to feel good, therefore, both the process and outcome is naturally attractive to everyone.

## Outcomes and Purposes of the Game

- to inspire and tune up!
- build confidence.
- increase productivity
- increase innovation
- maximise communication and relationships
- clearer thinking

- better 'vibes'
- activate willingness in individuals
- assists individuals to feel acknowledged and appreciated
- to increase the 'emotional average' in the workplace
- inspire people into leadership

To encourage people to 'be the one'...and make it fun.

## Why Kat?

Kat reignites the fire within people; her uniqueness is unmatched. With her focus on the bigger picture, she's a universal reminder service of checking in with *why* we do what we do. Her ideas are both clever and memorable; you *want* to play the game. Individuals who learn the game, quickly begin to use her language – they want to 'Off Set their Negative Emissions!' They are aware of their 'Mental Atmosphere', they evict themselves from the 'Comfort Zone' and stop feeding their 'Pet Peeves' etc.

Encouraging her audiences to reconnect with their broader picture, she gracefully pulls people out of their life's 'content' (AKA: The stories that hold them back) and inspires them into a much larger picture – one of cosmic proportions! The byproduct of happy people, is a noticeable increase in attendance, productivity and innovation. In a now-shell, Kat enrolls people to represent the Frequencies of Good Vibes, calling them on their responsibility to take urgent (internal) action, and 'be the change' during this special time in Human History.

for more on Kat please go to the following link:  
<http://katdawes.com/2-kats-story/>

## Framework of Intro to The Game of NOW NiNJAZ

What if you are the Hero in this story? Why is it so hard to change?

Momenterrorism – The Contamination of the Mental Atmosphere.

Your Thoughts Matter

The #vibe matters

Introduction to Free Will

Your Currency is your Attention.

(You always have a choice – even when there is no choice)

Emotional StockMarket.

A buffet of vibes ready for your investment.

Identify Your Endangered Frequencies.

What vibes don't you feel regularly enough?

Take the Vow To NOW. (the red pill.)  
Get #willing to wake up and participate in the Game.

Build a tool box for NEOS. Negative Emission Off Set.  
Tools and techniques for you to save your NOW (from contamination)

Trigonometry- things that trigger you, resulting in a Re Frame  
Pet Peeves- things you love to hate.

Gift Extraction.  
The best use of bad vibe.

SOS... Same old Shit.  
Techniques to uproot yourself from old Negative habits

How to get the airtime (of good vibes in your mind) when you are surrounded by  
Momenterrorists.

Ooze while you cruise. A way to consciously participate in your in-between moments.

And so much more!

If you are a small business, corporate, school, community and you want to engage with  
me, here is how-ism.

#### LEVEL ONE

A basic tune up chat that lifts and shifts the vibe from a mediocre space into something  
great. Kat's entertaining and meaningful presence sets a tone for a new era of Nowness  
at work and at home.

Price: \$1300

#### LEVEL TWO NOWNESS.

A weekly tune up with Kat for one month. Don't let the vibe fade. Give it enough airtime  
so everyone learns the basics. \$4000

#### LEVEL THREE #NEOS

Workshop 1/2 day. Introduction to Game of NOW NiNJAZ in particular one central process called #NEOS (Negative Emission Off Set). Individuals are introduced to the Practice and learn the basics of the NOWism language and create a set of tools so you know what to do next time Momenterrorism hits.

LEVEL FOUR NOWist.

Go deeper and have Kat assist in tailoring the practice to the individuals and the environment. 2 hours a week for one or two months.  
Have Kat come and completely re-style the vibe at work.

Kat's work can be tailored towards any specifics, please contact Kat to discuss a plan for lifting the vibe in your particular work environment.

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*“As a Federal Mental Health Commissioner, and the CEO of a mental health organisation, The Rogue & Rouge Foundation, I find myself often looking at complex systems and feeling deeply that the solution to a lot of our social issues, lies in the capacity and ability to shift culture and our narratives. Kat has a unique, engaging and highly entertaining way of tackling negativity, stigma and lack of productivity.*

*In a time where our systems are beginning to recognise the need of innovative and ‘out-of-the-box’ solutions, Kat Dawes is a gift from the deep cosmos; arriving just in the nick of time. I urge you to learn more about NOWism, and the benefits Kat’s work can bring to you, and your organisation.”*

-Nicole Gibson. Australian National Commissioner for Mental Health

*“NOWism is the spiritual vibe we’ve always known existed, but had never put into words or practice. It’s a celebration of life, a reminder of what’s really important and a navigational tool to peace, prosperity and love. Empowering all and leaving no one behind. Now is the future and the future is before us. Thank you Kat Dawes!”*

**- Mike Dooley**

**NY Times bestselling author of *Infinite Possibilities* & featured teacher in *The Secret***

*“Kat Dawes has arrived in the HERE full of the Power of NOW to set us free from being a two tense person. She in a joyful, witty way reminds us to be free of the past and future, the tenses where all problems reside.”*

**- Reverend Dr. Michael Bernard Beckwith**

**Founder of Agape International Spiritual Center, featured teacher in *The Secret*, and author of *Spiritual Liberation: Fulfilling Your Soul’s Potential***