

360° DEGREE SUCCESS SYSTEM™



Life Harmony Wheel™

Abraham Owoseni (2022)

You Made a Decision. Now Let's Build.

A 12-Week Journey to Build Your Life in Harmony

MindMould School of Leadership and Human Development
Dr. Abraham O. Owoseni, Ph.D., MITD

360° DEGREE SUCCESS SYSTEM™

COHORT 4

**STOP FIXING PIECES.
BUILD THE WHOLE WHEEL.**

A 12-Week Life-Building Experience
Career Harmony • Relationship Harmony • Lifestyle Harmony

Abraham Owoseni
MindMould School of Leadership and Human Development

A WORD BEFORE WE BEGIN



Welcome to this defining moment. I am personally thrilled you have joined us.

This is not just another course; it is a commitment to structured transformation.

Success, as you will discover, **isn't accidental**. It is built, brick by brick, from your inner spiritual core outwards.

We won't just talk about balance; we will **engineer harmony in Career, Relationships, and Lifestyle**.

The world needs leaders with integrated lives, and that begins here.

**You did not enroll to
learn about life harmony.
You enrolled to build it.**

Welcome to Cohort 4

Dear Participant,

You have made a meaningful decision. We are glad you are here. Now let's begin the work.

The **360° Degree Success System™ (3DS)** is not another passive training program. It is an active, deeply intentional space designed for you to build the architecture of your entire life. We recognize that as ambitious professionals, managers, executives, entrepreneurs, and emerging leaders, you carry significant responsibilities. Too often, the pursuit of success demands that one area of life is sacrificed to fuel another.

We are here to change that paradigm.

Over the next 12 weeks, you will engage in a personalized journey. You are not simply learning concepts; you are assessing where you stand, prioritizing your focus, and taking concrete steps to build a unified, whole life where your career, your relationships, and your lifestyle support one another.

This is a participatory experience. It requires your focus, your reflection, and your intentional application. We have built the framework; it is time for you to build the life.

Welcome to the 3DS.

A handwritten signature in black ink, appearing to read 'Abu', with a long, sweeping horizontal line extending to the right.

Dr. Abraham O. Owoseni

Founder, MindMould

Creator, Life Harmony Architecture™ · Life Harmony Diagnostics™

The Core Philosophy

What is the 360° Degree Success System™?

The 3DS is designed around a single, powerful conviction: **meaningful success should not require a person to permanently sacrifice the other important areas of life.** The goal is not to succeed in one area while another quietly falls apart. The goal is to intentionally build a whole life where all the important areas can grow together synergistically.

This is achieved through the Life Harmony Architecture™, a framework built around three interconnected domains:

Career Harmony

- Purpose, professional growth, financial thinking, and building a career that can carry your purpose.

Relationship Harmony

- Relational choices, communication, emotional maturity, marriage development, and boundaries.

Lifestyle Harmony

- Personal mastery, well-being, habits, time and attention, and sustainable personal performance.

In this ecosystem, purpose, personal growth, contribution, and fulfillment are perfectly integrated. You are not building three separate lives. **You are intentionally building ONE WHOLE LIFE.**

The Journey Architecture

To successfully build the whole wheel, you need a structured approach. Our core model guides you through three essential phases of transformation: SEE, PRIORITIZE, BUILD. Understand where you are. Know where to begin and Take intentional action.

The Life Harmony Diagnostics™

Every participant begins by completing the Life Harmony Diagnostics™. This crucial assessment does not rank the importance of your life areas—all areas matter deeply. Instead, it identifies your precise starting point.

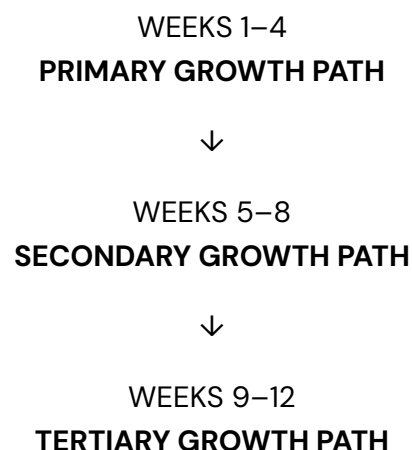
Based on your results, the Diagnostics will outline your three unique Growth Paths: your Primary Growth Path, your Secondary Growth Path, and your Tertiary Growth Path.

Your Personalized Growth Paths

The 3DS is not a one-size-fits-all curriculum. There is no fixed "Career Month" followed by a "Relationship Month." Your 12-week experience is tailored specifically to what you need to focus on first.

**THE FRAMEWORK IS CONSISTENT.
THE JOURNEY IS PERSONALIZED.**

Your personalized sequence simply determines which area you should work on first, which comes next, and which follows.



The Monthly Learning Rhythm

Each four-week phase corresponds to one of your Growth Paths. During each phase, you will engage with three short self-paced courses aligned with that specific domain.

Participants are expected to complete the assigned learning before the corresponding live coaching and Q&A session.

The Life Harmony Domains

Career Harmony

Core themes include:

- Purpose and Career Direction
- Professional Growth & Skills Development
- Career Transitions
- Professional Communication & Influence
- Personal Value & Contribution
- Financial Thinking
- Building a Career that can Carry Purpose

Relationship Harmony

Core themes include:

- Friendship & Relational Choices
- Communication & Emotional Maturity
- Marriage Preparation & Development
- Family Relationships
- Relational Boundaries
- Relationships that Deepen Over Time

Lifestyle Harmony

Core themes include:

- Personal Mastery & Emotional Well-Being
- Habits & Confidence
- Time and Attention
- Physical Well-Being
- Personal Effectiveness
- Sustainable Performance

Cohort 4 Live Calendar

Live coaching and Q&A sessions are pivotal touchpoints in your 3DS experience. All times are West Africa Time (WAT) — Lagos time.

SATURDAY, AUGUST 15, 2026	Cohort 4 Kick-Off 7:00 PM WAT
SATURDAY, SEPTEMBER 5, 2026	Live Coaching + Q&A 7:00 PM WAT
SATURDAY, OCTOBER 3, 2026	Live Coaching + Q&A 7:00 PM WAT
SATURDAY, OCTOBER 31, 2026	Final Live Coaching + Closing Symposium 7:00 PM WAT

Important: All important program announcements, reminders, updates, and resources will be communicated exclusively through the official 3DS onboarding portal at school.abrahamowoseni.com/3dsonboarding

Participant Expectations

ACCESS IS NOT TRANSFORMATION.

To build the whole wheel, you are expected to:

- Show up
- Learn & Reflect
- Apply
- Ask questions
- Participate & Respect others
- Take responsibility for your growth

The "No-Ghosting" Expectation

The 3DS is a highly participatory experience. If you fall behind, need help, or encounter a challenge, we expect you to communicate. Do not disappear silently. Asking for support is a sign of maturity and is vastly better than disengaging without communication.

Your First 7 Days

- ☐ Complete your Life Harmony Diagnostics™
- ☐ Review your personalized report
- ☐ Identify your Primary, Secondary and Tertiary Growth Paths
- ☐ Complete your 3DS Onboarding Form
- ☐ Save the program contact details
- ☐ Add the live coaching sessions to your calendar
- ☐ Review the Welcome Message
- ☐ Create your personal learning schedule
- ☐ Come to the Kick-Off ready to participate

Participant Commitment

By entering Cohort 4, I acknowledge that my whole life requires my whole attention. I am taking responsibility for my growth.

- I commit to showing up.
- I commit to learning, reflecting, and applying.
- I commit to asking questions and participating fully.
- I commit to respecting others in the cohort.
- I commit to taking responsibility for my own whole-life design.

I COMMIT TO BUILDING INTENTIONALLY.

Official 3DS Onboarding Portal: school.abrahamowoseni.com/3dsonboarding

Program Support: training@abrahamowoseni.com

Privacy Policy: abrahamowoseni.com/privacypolicy

Terms & Conditions: abrahamowoseni.com/terms

Policies & Participation

Program Participation & Attendance

Participants are expected to actively engage in their personalized learning sequence and attend the live coaching sessions.

Course Completion

Self-paced learning materials should be completed within the designated four-week phase.

Intellectual Property & Recordings

All frameworks, including the Life Harmony Architecture™ and Life Harmony Diagnostics™, are the exclusive intellectual property of Abraham Owoseni and the MindMould School of Leadership and Human Development. Materials are provided for personal development only and may not be reproduced or distributed. Live sessions may be recorded for internal review; unauthorized external distribution is prohibited.

Confidentiality & Respectful Communication

The 3DS is a safe space for growth. Participants must maintain the confidentiality of shared stories and insights. Communication across all platforms must remain respectful, constructive, and professional at all times.

Personal Responsibility

While the 3DS provides robust tools and coaching, your results are a product of your execution. You take full responsibility for the application of these principles in your life.

Need Help or Have Questions?

✉ **Email:** training@abrahamowoseni.com

📞 **WhatsApp:** +234 813 648 2707

🌐 **360° Degree Success System™**

🎓 **School:** school.abrahamowoseni.com

Raising Leaders. Moulding Minds.

