



MEDIA RELEASE

FINAL

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Immersive integrated mindset program offers free support to laid-off workers worldwide

People who have recently lost their jobs can now access free support through a proven immersive and integrated mindset program designed to help rebuild confidence, resilience and direction.

Participants begin with three short survey tools (resilience, emotional awareness, work preferences) before moving into a self-paced course of around eight hours over eight weeks. The focus is on practical strategies to regain confidence, adapt to change and create new pathways forward. Access also includes an online community, live virtual group coaching sessions and a 24/7 speaking AI coach.

The program, MindZen(xv), was created by Australian behavioural science, learning and leadership group XVenture. It has been used inside major organisations to strengthen resilience, improve mindset and proven to lift productivity by up to 10 per cent (in a study with ASM Global and Nestlé). Now, XVenture is offering access free of charge directly to individuals who have been laid off, anywhere in the world.

Dina Kinkaid, who was laid off from McCain Foods and completed the program, said:

“MindZen(xv) helped me rebuild confidence, regain perspective and think about what’s next. It provides practical tools - and hope and connection. I’m proud to support this initiative.”

Daniela Kraus, Director at XVenture, said:

“Being laid off can shake your confidence, identity and direction. MindZen(xv) has already helped leaders and teams improve resilience and performance. Making it free is a practical, evidence-based way we can give back because people matter.”

MindZen(xv) was developed by Dr Mike Conway, founder of XVenture, whose work across elite sport and business has focused on strengthening mindset, resilience and performance.

Eligibility and deadline

Open immediately. People who have been laid off in the last three months and not in paid employment are eligible.

Register for free: <https://xvlnk.co/mz-next-chapter>

Media enquiries

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About XVenture

XVenture is a behavioural science, learning and leadership company that designs immersive, evidence-based programs and experiences to build resilience, mindset and leadership for organisations, teams and individuals. Founded by Dr Mike Conway, XVenture blends behavioural and social sciences with elite-sport methods and VR/AI-enabled learning. Its solutions, including the MindZen(xv) integrated mindset program, have been used by organisations such as Nestlé and ASM Global. Based in Sydney, XVenture supports clients across business, education and sport, worldwide.