



Five Institute

Your Vital Life in a Kind and Sustainable World

Webinar Timetable

Here's a description of the webinars I'm running with dates, times and signup links. These are open to you, and to ANYONE you'd like to support.

<https://www.fiveinstitute.com/events/>

Conscious Questions

Conscious Questions are an incredible way to tap into our unconscious mind to calm our fears, raise our spirits and support our immune system. They also help you on your life journey and to fulfil your bigger purpose. From the previous webinars, I know you'll find it really helpful.

The Webinar Dates.

Every Tuesday at 6 pm UK

Here's the link to Register <https://www.fiveinstitute.com/cq2/>

Step In & Step Up

This Webinar looks at how we can use specific Energies at certain times to deal with what happens in our lives. You'll be able to see which Energy you need to step into to be Better, Bigger and Bolder and to support others. You'll love this content and I promise it will change your life, relationships and future for the better.

I'll also share the Energies you need to step into to boost your immune system.

The Webinar Dates.

Every Wednesday at 6 pm UK

Here's the link to Register <https://www.fiveinstitute.com/superpower/>

Creating a World We Want To See

Runa and I will be running a NoMoreBoxes event, called Creating a World We Want To See. This is about looking at our self-identity, limiting beliefs and society as a whole.

We'll explore the boxes that have been holding back and paint a picture of a world we call The Human Space. Every Friday at 9 am and 4 pm UK

Here's the link to Register <https://www.nomoreboxesmovement.com/creating-the-future>

Midweek Check In

There's no content, just a chance to check-in, say hi and ask questions about any of the webinars or challenges you're experiencing. Think of it as a social and a drop-in clinic.

Every Wednesday at 1 pm - Join Our Facebook Group and I'll post a link in there before each meeting. <https://www.facebook.com/groups/TheVitalityTest>



Welcome, my name is **Nicholas Haines**, and I'm the creator of **The Vitality Test**, as well as an international speaker, author, strategist, teacher and CEO of the **Five Institute**. I'm also the co-founder of the **NoMoreBoxes Movement** along with Rúna Magnúsdóttir from Iceland.

If I were to give myself a label, it would probably be **Kindsetter**, which is like a Trendsetter except that it's all about kindness. I spend most of my time at the forefront of creating a world where kindness is the universal language and way of life. From how you treat yourself and others, to how families, business cultures, governments and international change operate.

My background is 40 years in Oriental Medicine and Philosophy, and much of that informs my work. I've worked with a diverse range of companies, individuals and organisations to address issues around relationships, entrepreneurship, cultures, communication, diversity, empowerment and kindness. I've been engaged by leadership teams at large corporations, NHS hospitals, educational institutes, the United Nations and international governments. And conducted over 50,000 one on one consultations.

My latest books are ['The Story of Boxes, The Good, The Bad and The Ugly'](#), which I co-authored with Rúna Magnúsdóttir and [The Art of Kind and Flowing Relationships](#), which are both available on Amazon. [Click Here](#)

Thank you for being here, and I'm glad we've connected. Nick x

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