

MENTAL FITNESS

Positive Intelligence®



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Your mind creates your experience of life.
Learn how to master your mind to create the
experience you want every day.

MENTAL FITNESS is a 7-week programme delivered via the Positive Intelligence® app.

It's designed for busy people so learning is built into your day.

Mental fitness is the core skill you need to **thrive** vs survive at work and in life.

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Our mind determines our interpretation of all our experiences at home or work. Yet few of us know our mind works and how to make it work *for* us.

This programme is for you if you experience stress, frustration, anxiety, anger, disappointment, worry (to name a few).

Mental fitness is also for you if you want to improve your productivity, relationships and overall happiness in life.

You'll discover

- three mental muscles needed to be at your best
- thinking patterns that sabotage your effectiveness and happiness
- simple strategies to interrupt these thinking patterns
- strategies to engage effective thinking and actions
- how to apply your learning to current challenges

You'll learn to...

- solve problems with focus and clarity rather than stress
- build and enjoy better relationships with those around you
- have more confidence to hold your space and have a voice
- deal with conflict quickly and effectively
- worry less about what others think of you
- be happier.

*When we have the tools and skills to change our thinking, we can change anything.
This programme is a game-changer.*

BE MORE. BE BETTER. BE INSPIRED.

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