



MENTAL FITNESS FOR RESILIENCY

LEARNING SESSIONS THAT ENGAGE SPARK INSIGHTS & ACTION

This interactive learning session introduces participants to the benefits of practicing Mental Fitness to reduce stress levels, unlock performance, and improve relationships and team culture.

We know the positive impact physical fitness has on our well-being, energy level and overall health. However, growing your mental fitness is equally important. Being mentally fit enables you to handle life's ups and downs with more resiliency, grace, and creativity, leading to a greater sense of well-being and success.

Building a mentally fit culture will leave your people more creative, vital and engaged, making your organization more productive, resilient, and attractive as an employer.

In this interactive and engaging session, participants will learn:

- The ten ways we self-sabotage and which ones affect you the most.
- How to strengthen the three core mental muscles to handle any challenge with a positive mind, maximal effectiveness, and minimal stress.
- A 10-second neuroscience-based technique that helps you go from feeling stressed or overwhelmed to a calm, clear-headed, and focused mind.
- How growing your Mental Fitness impacts your work and personal life.



Book a learning session today!

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ABOUT

Inga Michaelsen, BComm, CPQC, partners with purpose-driven leaders and their teams in thought-provoking and creative processes that inspire them to maximize their personal, professional and team potential.

BACKGROUND

The proposed Mental Fitness learning session is based on the **Positive Intelligence Mental Fitness Framework** developed by Shirzard Chamine. In these interactive and engaging sessions, participants will learn how to grow the three core Mental Muscles necessary to radically reduce stress levels, unlock performance, and improve relationships and team culture.



What leaders are saying about Mental Fitness Training:

“The Positive Intelligence workshop facilitated by Inga Michaelsen was a real eye-opener for me. I have invested a lot of time during my career in both personal and professional development, and the biggest challenge is finding a way to put some of the learnings into practice. What really impressed me in the workshop was that it became clear very quickly that the Positive Intelligence framework was very comprehensive yet simple to apply to almost any situation. The workshop is an excellent introduction to the overall program, but you also walk away with tools you can use right away.”

Bob Anderson, Marketing Director Big Steel Box

PEOPLE WHO WILL BENEFIT FROM THIS SESSION

- Desire to be more **resilient and adaptable** in the face of constant change.
- Struggle with **stress management** and exhaustion, and seek a greater sense of well-being and ease.
- Want to learn how to support themselves and others to **perform at their peak**.
- Experience a lack of **confidence** which affects their ability to act on opportunities both personally and professionally.
- Seek tools that support **positive communication**, especially during times of conflict.
- are interested in building **cultures of trust and collaboration**.