## MENTAL WARRIOR



## MINDSET L CLASS (HS STUDENTS

Take a class entirely for your benefit from the founder of Mental Warrior and award winning teacher Sean Keating. This curriculum is proven to improve your mindset, communication skills, resilience, and overall well being.

## **CLASS OVERVIEW**

- Mindset Training
- Improve social connection and communication
- Strategies to conquer stress, anxiety, social media addiction
- Deep understanding of self

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PRICE ONLY \$500

## FOR REGISTRATION

VISIT WWW.MENTALWARRIOR.COM CALL (612) - 807 - 8712