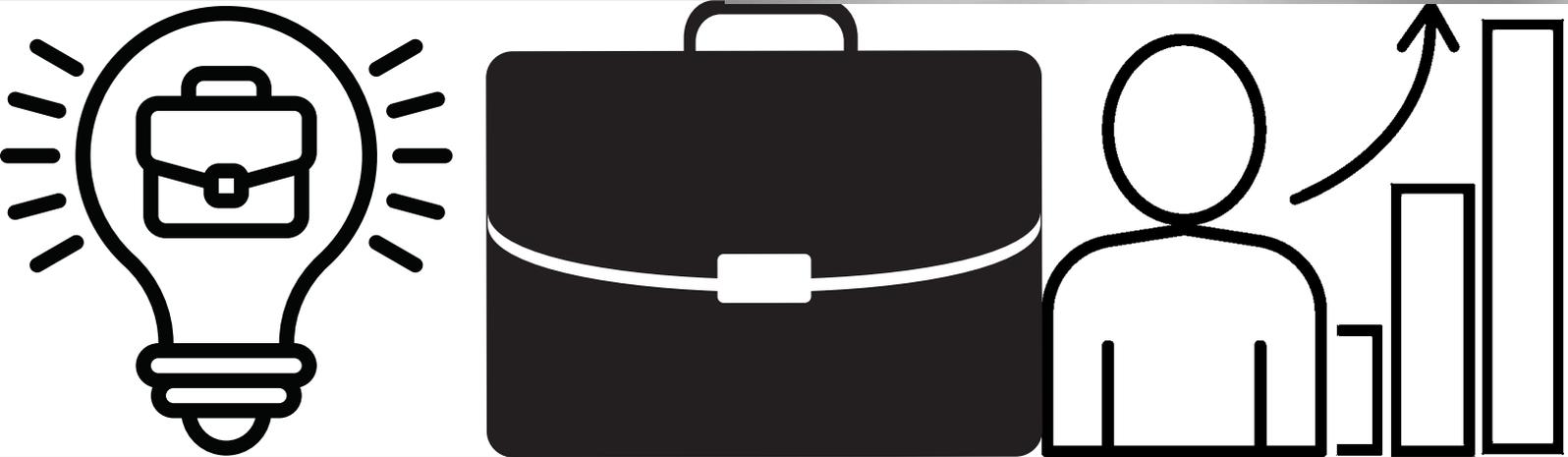


2022

RAMSAY
CONSULTING & COACHING LLC

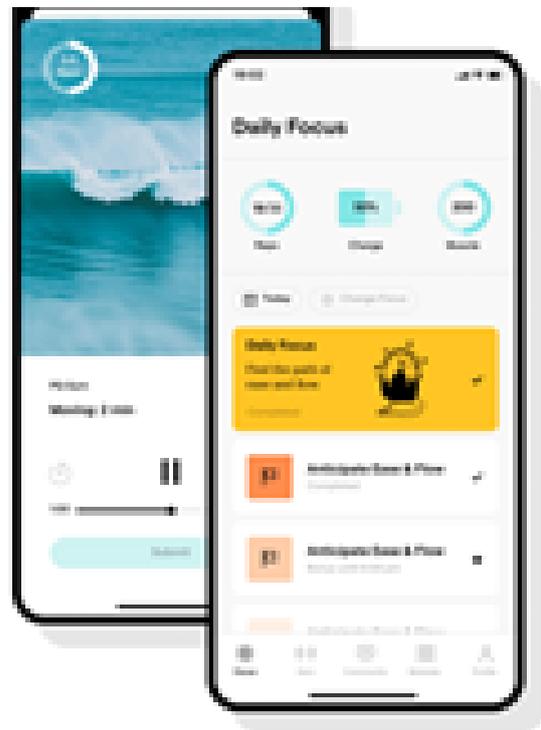
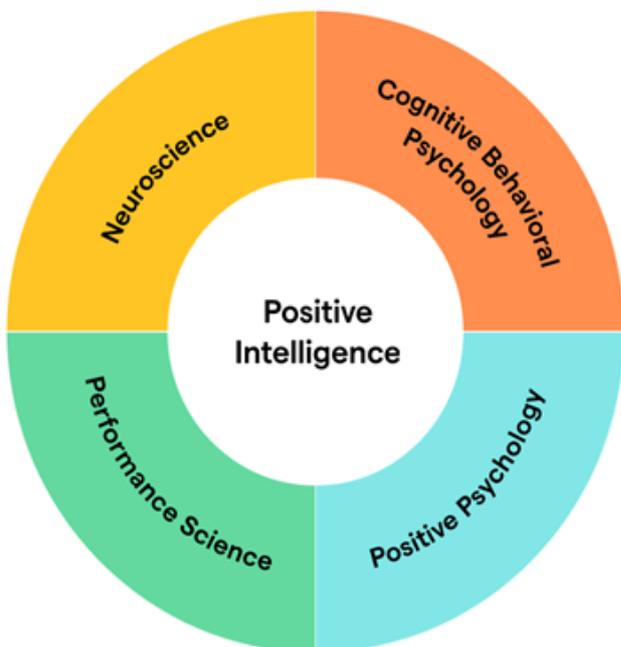


Mental Fitness

Email:

info@ramsayingconsultingcoaching.com

Contact Number: 760-707-9725



Your mind is your best friend. But it can also be your biggest enemy.



Is your potential for happiness and performance being sabotaged by your mind?

Is self-sabotage the root cause of your negative emotions including stress?

Our breakthrough, research-based tools strengthen the part your brain that help you handle life's challenges with a more positive mindset, and less stress.

We call this Mental Fitness Training.



Experience immediate and sustained improvements in both your wellbeing and performance.

Personal Mental Fitness Training

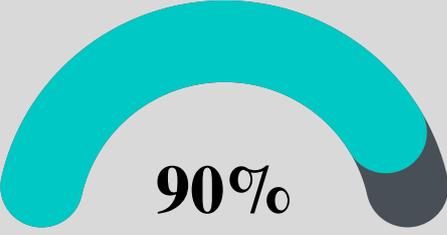
During the 12-week program, you strengthen the three core mental fitness muscles. The training is supported by an app that delivers personalized daily practice which will build powerful new habits. These habits are the foundation for a positive mindset.

Business Mental Fitness Training

When a team focuses exclusively on performance, performance suffers due to prolonged stress, team friction, and low Emotional Intelligence (EQ). Positive Intelligence maximizes both performance and wellbeing, while growing 17 of 18 EQ competencies.

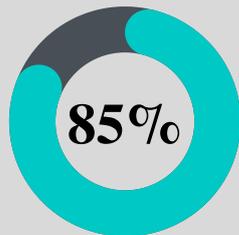
What You Can Expect

Positive Thinking



90%

Use Mental/Emotional
Energy more Effectively



85%

Increase Happiness



82%

Improve Relationships

12-WEEK BOOTCAMP

Week 1

You take the Saboteur test and then we dive deep into what is holding you back in a 1:1 coaching session.

Week 3-4

You get to intercept your top Saboteurs the moment they try to hijack your thoughts, feelings, and actions. In preparation for this practice, you get to expose the lies, limiting beliefs, and damage of your Saboteurs, so they can no longer fool you into thinking they are helpful to you.

Reflection and learning will be shared in the weekly group coaching session.

Week 2

Through a breakthrough process called PQ Reps, you get to boost your Self-Command muscle. Each PQ Rep only takes 10 seconds, is App supported, and can be done with eyes open or closed. With each PQ Rep, you develop greater mastery over your own mind, quiet the negative, and activate the positive region of your brain. Your training will be amplified through the weekly group coaching session.

Week 5-7

Every problem or challenge can be converted into a gift or opportunity. And to be able to do this you get to practice this Sage Perspective. And you get to generate the gift through the 5 Sage Powers of Empathize, Explore, Innovate, Navigate, and Activate. This takes daily practice through the App and is supported by the weekly group coaching. In week 7 you will also receive 1:1 coaching to deepen the learning and support with your challenges

Week 8-12

Now you get to deepen the learning by continuing to use the App and strengthen those muscles to ensure lasting change. You will continue the weekly group coaching and at the end of the 12 weeks co-create a future action plan with your coach in a 1:1 coaching session.