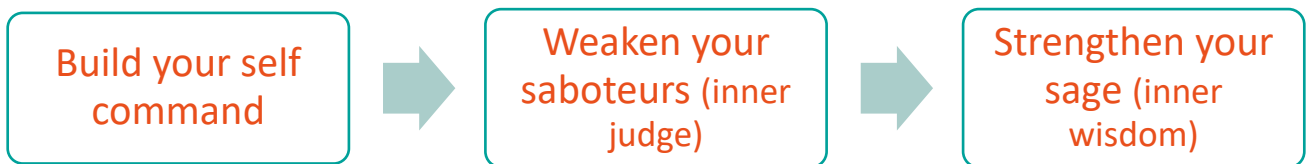


You know you have **great potential**. You are **well educated**, have a **good job**, and all seems to go great. On the outside. But on the inside, you sometimes **judge** yourself. At times you lack **confidence**, you suffer from **self-doubt** and **negative thoughts** seem to take control over you. Experiencing **stress**, shame, **guilt**, frustration?

Get back in the driver's seat with with **Mental Fitness Bootcamp**.

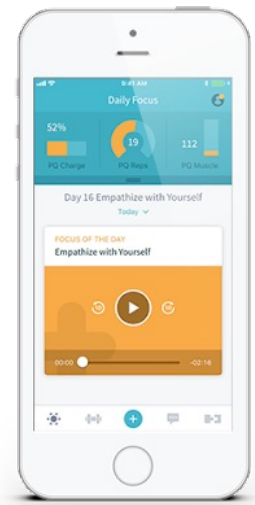
**Mental Fitness Bootcamp** is a science based program developed by Positive Intelligence®. Through a series of training and coaching sessions it strengthens **three core mental muscles** to thrive in challenging times. It increases your capacity to respond to work and life events with a positive and open mindset.

How it works?



## 6-week transformational program

The Mental Fitness Bootcamp program is an **app guided** coaching program. Through weekly released **video content** and **daily mental fitness exercises** you learn to command your mind and strengthen your ability to respond to challenges in a positive way. The program includes an online **Saboteur Assessment** and weekly **group coaching sessions** with your coach and other participants. The program can be combined with various **personal coaching sessions** to ensure a long term sustained mindset change and with the GROW membership for ongoing practice.



**Boost your performance**



**Increase your happiness**



**Improve your relationships**

**Want to know more? Contact me:**

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# Mental Fitness Bootcamp – For individuals

*Positive Intelligence*®

<b>Description</b>	We may not always be aware of our inner beliefs, convictions, and values. But they determine what we think, feel, how we react and behave. They are the root cause to what is happening on the inside and impact our behaviours on the outside. This 6-week program strengthens the spirit from within. A series of app guided training and coaching sessions increases self-awareness, develops emotional intelligence and builds a solid confidence level to feel stronger on the “inside”, to overcome any challenges happening in life on the “outside”.	
<b>Outcomes</b>	<ul style="list-style-type: none"><li>✓ Increased self-confidence</li><li>✓ Strengthened relationships</li><li>✓ Enhanced performance</li></ul>	<ul style="list-style-type: none"><li>✓ Authentic Leadership</li><li>✓ Enriched conversations</li><li>✓ Balanced Work-Life style</li></ul>
<b>Included</b>	<ul style="list-style-type: none"><li>✓ Saboteur Assessment</li><li>✓ Daily coach exercises in app</li><li>✓ Weekly training video in app</li><li>✓ Weekly online group coaching sessions (max size 5-6) or weekly half hour check-in sessions for single participants</li></ul>	<ul style="list-style-type: none"><li>✓ Choose from 3, 5 or 8 personal coaching sessions</li><li>✓ <i>Optional:</i> Year-long GROW membership with monthly training content and ongoing daily exercises</li></ul>
<b>Duration</b>	6 weeks Bootcamp and optionally 12 month GROW membership	
<b>Investment</b>	Prices available upon request	



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