

SELF CARE

ENERGIZING YOURSELF, USING THE POWER OF PERSONAL ENERGY

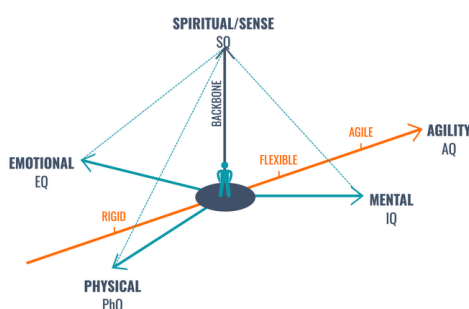
Efficient energy management is often overlooked, but is essential for high-performing employees and executives. As proven in the world of sports, it is the only way to ensure successful and consistent performance at a high level. Focusing on the importance of the personal energy resources such as sleep, nutrition and physical exercise, we reduce our "energy leaks" and give a new perspective on the way we function best, with easy-to-use, effective applications to the corporate environment.

For more than 20 years Mentally Fit Institute has been translating their learnings in the field to corporate and academic environments, resulting in the successful development of corporate athletes. Enriched by powerful sports metaphors adapted to corporate environments, it gives a new perspective on human mechanisms, with very simple and concrete applications to the professional context.



Outcomes

- Balance and strengthen the 4 axes of human performance - IQ, EQ, PhQ and SQ- to become a high-performing corporate athlete.
- AQ - How agile are you towards change.
- Manage my personal energy and stress levels.
- Discover how to perform better under pressure, while maintaining a good quality of life and health.
- Understand that personal energy comprises the mental, emotional, physical and spiritual.
- Gain a deeper insight into how to get the best from my batteries.
- Provide an inspiring, harmonious work environment that enables employees to thrive under pressure and work together to attain common goals.



How You Will Learn

You can select from a combination of the below:

KEYNOTES

Our conferences are acknowledged powerful mini coaching sessions. We don't just stick to the theory, but combine fascinating storytelling and interactive exercises with live voting to transform performance-limiting mindsets into performance-accelerating mindsets.

TRAINING (VIRTUAL OR FACE-FACE)

We provide coaching in the way that best suits you. Choose virtual where we will do a Teams call. For Face-to-Face, we will coach you at your location, anywhere in the world. You can also consider a blended approach for continued sessions.

ONE-TO-ONE COACHING

In our individual coaching sessions, we will personally challenge and guide you in achieving your true potential

Costs

We tailor each programme according to what the client requires. Costs vary depending on:

- the type of facilitation chosen,
- the number of topics covered,
- the duration of each topic,
- the number of participants in the coaching.

Book a virtual coffee [here](#) to discuss the above.

Duration

This depends on the number of sessions agreed upon, but the average duration is 1 month, up to 6 months.