



## MENTAL FITNESS PROGRAMME EXPLAINER

### 8-WEEK FOUNDATION TRAINING

This foundational phase helps you develop core mental fitness skills and mastery over your mind. Each week, you'll build and strengthen essential mental muscles, setting a powerful groundwork for lasting resilience, focus, and wellbeing.

#### **Week 1: Energize Your Sage Brain with Self-Command**

Through a breakthrough technique called PQ Reps, you'll learn how to strengthen your Self-Command muscle. Each PQ Rep is a quick, 10-second practice that builds mastery over your mind. With each rep, you'll train yourself to quiet the region of the brain where your Saboteurs live and activate the area where your Sage lives - the part of you that embodies clarity, calm, and positivity.

#### **Week 2: Catch Your Judge**

Uncover and intercept your most damaging Saboteur: the Judge. You'll discover how judging yourself, others, and circumstances is a primary source of stress and undermines your performance. This week focuses on reducing the Judge's power, bringing greater awareness to its impact on your day-to-day mindset.

#### **Week 3: Intercept Your Accomplice Saboteurs**

After tackling the Judge, you'll focus on your primary accomplice Saboteurs, identified in the Saboteur Assessment. Among the ten possible accomplices, you'll explore those that affect you most, exposing their hidden lies, limiting beliefs, and negative thought patterns, and weakening their influence on your life.

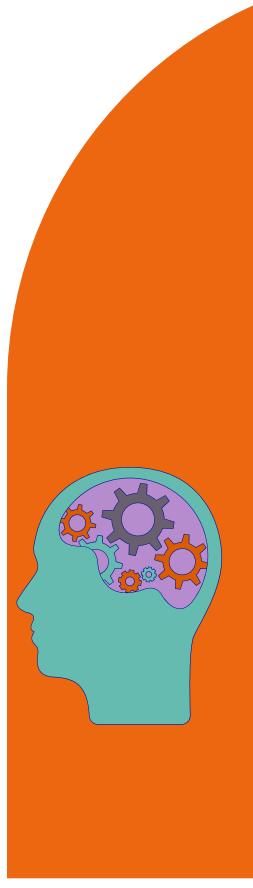
#### **Week 4: Shift from Saboteur Brain to Sage Brain**

With Saboteurs weakened, you'll begin to strengthen your Sage, the part of the brain responsible for all positive emotions and a calm, clear-headed approach to challenges. This week introduces the Sage Perspective - the belief that every problem or obstacle can be reframed as a gift or opportunity, empowering you to approach challenges creatively and constructively.

#### **Weeks 5-8: Boost Your Sage Powers**

Now, you'll dive into the five core Sage Powers: Empathize, Explore, Innovate, Navigate, and Activate. Each power offers distinct ways to handle challenges and seize opportunities, building a more flexible and resourceful mindset.

Let's get your brain in shape



# 4-MONTH COACHING PROGRAMME

## Months 3-6: Deepen and Grow Your Mental Fitness

- After the 2-Month Foundation Programme, the focus shifts to a more self-directed approach. The daily reminders in the app will help you revisit core skills, reinforce what you've learned, and incorporate new insights into daily life.
- **Month 2: Kick-off Coaching Session:** Start the extended programme by setting personalized goals based on your “why.” Clarify what growing your mental muscles and PQ practices will help you achieve in life.
- **Months 3-6: Deepen and Grow Your Mental Muscles:** Three monthly coaching sessions that reinforce your skills with PQ tools, offer additional techniques, and help you apply your mental fitness to real-life challenges.
- **Month 6: Stock-take Coaching Session:** This reflective session lets you review your progress, celebrate milestones, and refine your focus for the future.

Throughout the programme, you'll build a strong foundation of mental fitness, allowing you to respond to life's demands with calm resilience, renewed confidence and a sense of wellbeing. By strengthening your mental fitness and taking charge of your mind, you'll create a foundation for success in both work and life.

## WHY WORK WITH US

- Over 20 years combined experience in corporate HR and coaching as well as our wealth of knowledge, experience and wisdom in the Learning & Development field.
- Our coaching toolkit: which draws on Neuroscience, NLP (Neuro Linguistic Programming), Positive Intelligence methodology and Positive Psychology.
- Accountability: we'll check in with you between sessions to offer support and keep you on track. There is also a communication channel for your training pod to keep in touch with one another throughout your journey.



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