



Mental Fitness

It's Time to THRIVE...

The truth is we simply don't know how good we could feel or how
are staff are truly feeling until it's too late!

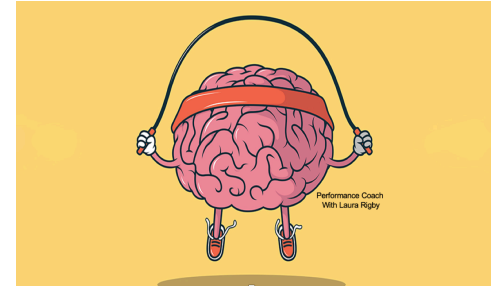
Learn how to create ***Mental Fitness Tools*** to manage your state of mind.
These tools will enable everyone to work from anywhere, take inspired action
and be resourceful even amongst life's challenges.

Certified Neuro Linguistic Practitioner & Performance Coach

Laura Rigby

Who is the Masterclass for?

In these unprecedented times, everyone is affected in all levels of your organisation. Each attendee will be able to create their own **'Mental Fitness Toolkit'**. This will allow them to create positive resourceful states which will result in a ripple effect of success throughout your team.



What does it look like?

Exceptional high vibe positive virtual training with a difference. If you haven't had the pleasure in being on a course with Laura, then you are missing out! You will be fuelled with and learn practical tools from Laura who is an expert Certified NLP Practitioner and Performance Coach who will equip your team through an honest and uplifting training with open dialogue for questions, live coaching and practical exercises.

Attendees will experience thought provoking, interactive coaching where they will learn forward thinking techniques which will enable them to recognise high pressure situations and techniques to empower them to achieve.

Outcome; Your team will learn to take action when know one is looking!! Switch their state from 'negative to positive' and inspire themselves and others around them.

