



Accomplished Life Coaching & Consulting

PURPOSE. PASSION. BALANCE.



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Mental Fitness Course

3 Steps
to Shift from
Self-Sabotage
to *Self-Mastery*

**Accomplished Life
Coaching & Consulting**

acclifecoaching.com

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Mental Fitness: A Course In Positive Intelligence

As with muscles in your body, what if you could strengthen the muscles in your mind to improve your performance, reduce stress, increase happiness, improve relationships and experience greater well-being?

Through the **Mental Fitness** course, you can.

With one-on-one coaching and simple, actionable, science-based practices, this ground-breaking, app-guided course in **Positive Intelligence** strengthens mental fitness helping you cultivate your ability to meet challenges with a positive rather than a negative mindset.

Positive Intelligence has been used broadly with far reaching impacts for individuals and teams across industries.





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In this 8-week course, you will learn to recognize and intercept the thoughts, habits and behaviors not serving you.

At the same time, you will learn tools to activate and stimulate the region of the brain that supports a positive clear-headed approach to increased happiness in your career.

We are all self-critical in ways that can limit our potential. Mental Fitness is achieved by strengthening the part of your brain that serves you and weakening the part that sabotages you.

Participant Comments



"This course can be life altering for engaged participants and I highly recommend it!" -Julie K., Director, Global Sales Enablement Strategy

"I so wish I had found this course years ago!" -Alex S., Customer Satisfaction Specialist

"I recommend this program 10 out of 10!" -Pooja S., Attorney



*Your mind can be your best friend,
and it can be your worst enemy.
The choice is yours.*

MENTAL FITNESS:

Your capacity to respond to life's challenges with a positive rather than negative mindset.

THE RESULTS:

- Dramatically improved
- Peak performance
- Peace of mind/wellness
- Healthy relationships

Get in touch to learn how Mental Fitness can help you navigate challenges for better outcomes in your work and life.

SCHEDULE A CALL