

Mental Fitness Bootcamp

Strengthen your core mental muscles in 8 weeks

Positive vs. Negative Mindset

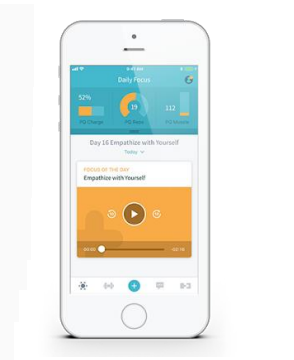
Mental fitness is the capacity to respond to life's challenges with a positive rather than a negative mindset.



Phone App Based Program/Weekly Virtual Meetings

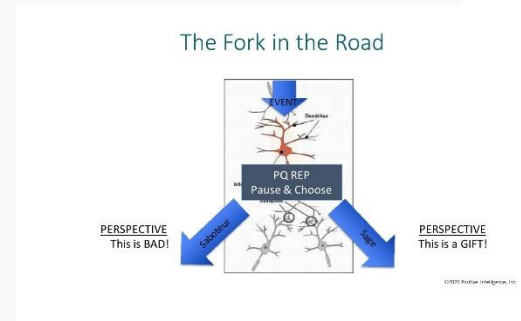
The mental fitness bootcamp uses a combination of cutting edge app technology and weekly virtual meetings with a facilitator to help jump start your mental fitness operating system.

The mental fitness concept is based on the work of Shirzad Chamine, the author of the book Positive Intelligence and is supported by research in neuroscience, performance science, positive and cognitive psychology and the result of work with over 500,000 participants in 50 countries.



Adjust Your Neural Pathways in 15 minutes Per Day

In just 15 minutes a day you can begin to adjust the brain's neural pathways so that you are much more fully in command of your thoughts and actions. In as little as 3 hours per week (including a one hour weekly video), for a period of 8 weeks you can jump start your mental operating system and experience significant shifts in your mindset.



Improve Performance, Relationships and Wellbeing

By strengthening just **3 core mental muscles**, you can improve your work performance, create a greater sense of peace and wellbeing and sustain healthy relationships. Who doesn't want this?



New Programs Start Regularly

Bring yourself – Bring your team – Bring your loved ones

New programs for individuals and groups start regularly.

Research shows that establishing new habits is 500% more likely when supported by an accountability network.

Contact Gayle Ely at Total Life Leadership

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"I have found this to be one of the very top *experiences I've had in the past 34 years with my company. The impact on me personally has been profound, and the business impact is evident.*" - **Bonnie Curtis, Former VP, Product Supply, P&G**