



BrainGym for Women

For women who want to
get their brain in shape

WHATS INCLUDED IN YOUR 8-WEEK BOOTCAMP

YOUR COMMITMENT

- You'll need 15 mins a day to practice. You listen to a 2-minute challenge, then have 2-minute workouts, 3 times a day and 2 minutes to complete your reflections. (Tues to Fri)
- 1 hour to watch the bite-size videos over the weekend.
- Plus 45 minutes every week to attend the group pod call or a coaching session if you choose the 1-1 option. In this session, we discuss the video content and how it is relevant to you.
- Above all, you should be 100% committed to stepping out of your comfort zone to building new mental habits.

Building Mental Fitness takes effort but the rewards are worth it!





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WHAT YOU GET

- TWO 1 to 1 personal coaching sessions in week 1 to help you set a goal and in week 8 to plan how you will continue to strengthen your mental muscles and sustain momentum.
- Access to the Positive Intelligence app-gym which guides your daily practice. The exercise gym within the app provides you with different, short exercises to strengthen your Self Command muscle throughout the day. It also tracks your daily progress and at the end of the day you can capture your daily reflections in the journal.
- All participants will have access to the app for a further 12 months at the end of the bootcamp.
- Bite-size video lessons taught by Shirzad Charmine, founder of Positive Intelligence. These are 1 hour a week.
- Weekly 45-minute on-line group coaching session with an accountability group of like-minded women (6 maximum) to share learning and application day to day.
- Access to the Positive Intelligence audio-book inside the app and a PDF of the first eight chapters.
- Our coaching toolkit: which draws on Neuroscience, NLP (Neuro Linguistic Programming), Positive Intelligence and mental fitness tools as well as our wealth of knowledge, experience and wisdom we've built up over the twenty years we've spent in the Learning & Development field.
- 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 the bootcamp.

Contact us:

lindsay@braingym4women.com

+44 (0) 77860 70235

www.braingym4women.com

