

# Personal Development Program



## What is it?

- Personal growth starts with our own mental fitness to ensure we are ready to embrace a life of positivity and success.
- Mental Fitness means to have a healthy mind which gives the ability to enjoy life with the right mentality and a positive attitude.
- Leaders Vision offers a 6-week Mental Fitness Program to help your brain build powerful new muscles to manage daily stress, engage more productively at work and in our relationships, communicate with impact, and feel fulfilled, optimistic, and motivated.
- The program "Mental Fitness" is designed as a boot-camp, this personal development program gives you the ideas, motivation and structures needed to succeed in your projects.



## What's in it for me?

- Tips to improve your mental toughness.
- Advice to build mental muscles to overcome life's challenges.
- Methods to build your strengths, flexibility, and mental endurance.
- Ways to implement winning strategies in your daily life.

## How do we do it?

- This online program starts with 2 questionnaires to help you assess the strength of your mental muscles and identify the negative factors that affect you.
- The program requires some time commitment for 6 weeks with:
  - a. Weekly hourly video recordings.
  - b. Weekly 45-minutes individual or group sessions with a coach.
  - c. Exclusive App guiding your daily practices and progress.
  - d. Interactive daily "gym" muscle activities.



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