



This time last year, like many others, I was overwhelmed by the implications of Covid 19 on me, my family, my business and my ability to visit and care for Mam who has Dementia.

I knew I'd cope as I tend to do, but I was anxious about the people I love who might be negatively impacted by the situation.

The low level anxiety made it difficult to keep focussed on my business and I found that all my old 'saboteurs' kicked in so that I became more judgmental of myself and others, more restless and scattered and a little less optimistic about the future.

I was invited to participate in a 6 week training programme in **Positive Intelligence** with Shirzad Chamine, which has truly **profoundly altered my self belief and my ability to be proactive in so many areas of my life.**

I've been involved in Coaching for over 15 years. I honestly can say that this **Mental Fitness programme**, which supports the development of Positive Intelligence, is a significant leap forward in our understanding of how we can retrain our brains towards **positivity, compassion for self and others and proactivity.**

I've now trained as a Positive Intelligence Coach and I'm running **Mental Fitness Intensive Courses** since last November. This is what people who have done the programme have said:

I'm not so overwhelmed!

Definitely worth doing.
It is thought provoking and helps lay down good habits.
Gets you out of your head

Absolutely do it!

*I can't believe how proactive I've become. I am now doing things I've put off FOREVER!
Thanks so much for introducing me to this very simple but VERY effective system.*

I'm handling staff meetings differently.
Instead of taking on all their stresses and adding another job to my list, I find because I'm more relaxed than

I can promise you that if you put the work in, this **6 week programme** will equip you with skills that will support you to be **more impactful in your communication** and **able to manage yourself and your team** with far less stress.

Many of us already know what stops us from succeeding ...but insight is only **20%** of the story. The other **80%** is building the necessary mental muscle to quickly shift your focus to more positive ways of operating.

My next programme commences on Saturday 24th April.

To ensure you get positive results from The Mental Fitness Intensive you must be willing to commit to 2 hours and 14minutes a week for 6 weeks.

This is approximately **2%** of your waking hours per week (assuming you sleep for 8 hours a night) ...**a small time investment for extraordinary results. During that time you will:**

- Watch a weekly **1hr** video sessions from **Shirzad Chamine**, author of Positive Intelligence and Stanford Lecturer.
- Do daily mental exercises delivered direct to your phone. (2min activity x 3 times a day x 4 days Tuesday - Friday = **(24minutes per week)**)
- Participate in a weekly 'pod' meeting (**50 minutes**) where I, as a PQ Coach, will facilitate you along with 4 others to deepen your learning and your daily practice

This is a unique opportunity to participate in **the Mental Fitness Intensive** for a knockdown **€389. It will not be available at this price after the April 2021 programme.**

I know you will benefit from this programme if you put the work in. For that reason, **I promise you your money back** if you don't find it beneficial after 4 weeks of the programme.

Contact me **as soon as possible** on **087 6349664** or email Lily@blueheroncoaching.ie to **book an introductory call** if you are interested. Confirmation required by **Thursday 15th March at 5pm**. I will then send you the details you need to get started.

I've got a very different perspective on my future ...and a plan in place to help me change direction!

Great opportunity, so glad my husband and I did this together and we really feel it has been of great benefit to help and understand each other!