

# Mental Fitness for Teams

## (How to become a mentally fit team)

*This Wellbeing Program is typically offered as a 90-minute session virtually or in-person.*

### PROGRAM OVERVIEW

Ancient wisdom meets modern-day mental fitness in this 90-minute session that leaves attendees with personalized systems to train their minds to work for them, not against them. The program focuses on designing personalized and preventative mental fitness along with techniques to defuse in-the-moment emotionally charged and high-stress situations.

Content is grounded within the Socratic Method, a style of thought that has stood the test of time dating back to the 5th century BCE. Through empowering questions and proven mental fitness practices, teams will be guided through sessions to release (and prevent) mental tension, clear mental clutter, and expand thinking.

Highlights from a typical session include:

- Guided breathwork to reset, calm and level-set
- Introduction to mental fitness & preventative mental fitness
- Reflective exercise identifying where mental fitness can best be used
- Establishing morning priming routines & practices
- “In-the-moment” mental fitness for high-stress situations
- Gratitude experiential practice
- Questions & discussion

### IMPACTS & OUTCOMES

- Preventative mental fitness practices to support healthier minds, clearer thinking, and expanded mental capacity
- Techniques to shift from fear to courage and unlock limitless opportunity
- De-escalation practices/prompts for high-stress scenarios
- Pause and break from the stress of the tumultuous environment we are all living in

## ADDITIONAL INFORMATION

### *About YOL Facilitator Marc Champagne*

Marc Champagne unpacks the mental fitness practices and reflective questions shaping the lives/work of some of the most successful and brilliant thinkers in the world. He has studied the prompts and practices of legends such as Kobe Bryant, Maya Angelou, Robin Williams, James Clear, Coco Chanel, Stephen Hawking, and many others to bring clarity, intentionality, and possibility to every aspect of life. Marc is the author of the best-selling book, *Personal Socrates*, host of the top 50 globally ranked podcast *Behind the Human*, and consults with Fortune 500 companies as a mental fitness strategist and practitioner.

*"Thanks again Marc for an amazing event. We're already getting rave reviews, thanks for making this such a seamless experience. As always, thank you for your energy and presence, one of our best to date in my opinion."*

—Nicholas W. at Google (People Development)

*"I was inspired by Marc. I started to make time and space in my brain to be able to think, rather than race to get to the next action item....THANK YOU!"*

–Sales Manager at Lundbeck Pharmaceuticals

*"Exceptional entrepreneurs and thinkers have more questions than answers. Marc provides the mental framework to find the questions that matter most."*

–Jason Feifer, Editor in Chief of Entrepreneur Magazine

*"Insightful and provocative questions that can help you think about how to become a better leader and person."*

–Dr. Alex Auerbach, Wellness and Development at Toronto Raptors

*"I've been listening to Marc on the Behind the Human podcast for years. His approach to mental fitness is modern, practical, and most importantly, implementable for individuals and businesses"*

–Radek Sali, Chairman at Light Warrior Investments & Ventures

Visit [www.experienceyol.com](http://www.experienceyol.com) and contact us [here](#) for more information.