

# Mental fitness & Sustainable performance

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UNLEASH YOUR BRAINPOWER IN

# The Mental Gym



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INSPIRATIONAL TALK

# The Brain and Mental fitness

**How do you maintain wellbeing alongside high performance in a pressurised everyday life of challenges and changes?**

- This interactive talk is filled with Inspiring **facts** from neuroscience about the brain, stress, sustainable wellbeing and performance. Introduction to mental training and how to develop mental fitness, How do you take good care about your brain in the modern working life? What happens in the brain when practicing mental training? Effects?
- We **practise Mind Workout**, a mental training session based on meditation with proven techniques for energizing recovery, increased focus, and self leadership.
- **Learning mental tools** to use in everyday life for stress handling and sustainable performance.



Contact:

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# Employers who have helped their employees to become brainsmart

AstraZeneca 

**THULE**  
SWEDEN

Nordea 

**SEMCON**

 Grant Thornton

**VOLVO**  
Volvo Group Trucks Technology

 Länsförsäkringar  
Göteborg och Bohuslän

 Göteborgs Stad  
Trafikkontoret

Norconsult 

LINDEX



“ Reality inspiring! and I appreciate that it is science-based.

“ I got tools to use in everyday life.

(\*) Source: Scientific studies and 1000s of participants' answers in Mindworkout's ongoing survey via Google survey.



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