

2010 SUMMER ACADEMY

ENERGIZE YOUR SUMMER!

Further to the great success of the 2009 summer holiday reinforcement program *"Energize your Self – Energize Your Team"*, the Mentally Fit Institute has the pleasure to invite you to another innovative program of human potential development in corporate environments. It will be based on practical concepts, tips and tricks, illustrated with metaphors from the world of sports.

The 2010 Summer Academy consists of 3 modules linked to individual and team energy.

ENERGY

Module 1: The Corporate Athlete – Energy Management (*)

Understand your body from an energetical point of view for better reinforcement and anticipative protection against stress.

- How to reinforce and maintain your 3 batteries (physical, mental & emotional)?
 - How to increase your energy stock?
 - How to recharge under pressure?
- 1 day interactive seminar -

Body laws
Canalize energy
Increase performance

NUTRITION

Module 2: Smart Nutrition – Food for Corporate Athletes (*)

Discover the impact of smart nutrition on corporate performance, stress, sleep, etc.

- Discover the secrets of Energetic Nutrition
 - Discover the links with corporate performance
 - The impact of nutrition on your physical, mental and emotional capacities
- 3 workshops of 3 hours and 1 individual coaching session of 1 hour -

Stress
Concentration
Sleep

EQ LEADER

Module 3: EQ Leader (*)

Take advantage of an EQ leadership style. Learn how to motivate your Teams using less energy. Exploit talent & competence for top performance in changing periods.

- How to go from Individual Effectiveness to Team Excellence?
 - On the road to recovery - How to rebuild trust and enthusiasm?
 - After the chaos – How to attract, keep and stimulate the Talent in your team?
- 3 workshops of 3 hours and 1 individual coaching session of 1 hour -

Team
Change
Talent

The road to excellence



The content of the summer academy aims at all, from staff to top management. All workshops take place at The Mentally Fit Institute : Luchtschipstraat 2 – Rue de l'Aéronef 2 , 1140 Brussels

For further practical information and pre-registration please contact Alexander Vandervelden by e-mail (Alexander.Vandervelden@mentallyfit.be) or by phone (02/337.00.50 or 0486/85.85.51) or refer to the [website](#).

The number of participants is limited and subject to new dates if Mentally Fit considers it may improve the quality of its services.

(*) All themes are linked to our 2 core models: Human Potential Development & Road to Excellence.

Timing of the sessions in Dutch:

- Module 1: July 9 from 9AM till 5PM
- Module 2: August 17, 23, 30 from 4PM till 7PM
- Module 3: August 24, 25, 26 from 4PM till 7PM

Timing of the sessions in French:

- Module 1: July 9 from 9AM till 5PM
- Module 2: August 17, 23, 30 from 4PM till 7PM
- Module 3: August 24, 25, 26 from 4PM till 7PM

Rates: Module 1: 450€, Module 2: 900€, Module 3: 900€