

# Mental Fitness with Emma

## Build resilience and live life happier!

Helping people to be happier is my thing, it is the reason I do what I do. Empowering people to live a fulfilled life, with purpose, on purpose! Supporting people to break free from old unhelpful thoughts, beliefs and behaviours which hold them back.

The thing is we ALL have them in some form or another, but change is possible when you are ready to work commit to creating the change and transformation and a great way to do this is by increasing our positive intelligence and mental fitness muscles.

This is where I come in, as a Positive Intelligence trained and Professional Certified Coach, I will support you through my 8 week mental fitness program.

This Positive Intelligence program was created by Shirzad Chamine and is based in science (positive psychology, neuroscience, cognitive psychology and performance science) which has been simplified into an operating system, which once learnt and understood is really easy to implement into your daily life, with lasting sustainable results. Benefiting you in all areas of your life, both personally and professionally.

I love it because it complements the work I already do, I use it every day myself and now I want to share it with you.

Mental fitness is similar to physical fitness, it takes commitment and involves building muscles just like any new skill. Initially it takes a little time to learn, but I am here to support you on that journey.

During the program we will work on identifying, understanding and weakening those critical inner voices we all have (our saboteurs), and learn to strengthen our access to our wiser self (our sage) and build up our Positive Intelligence Muscles!



## Benefits of being mentally fitter...

- feel more confident, self-assured and have increased self-esteem
- communicate more effectively
- increased resilience, managing stress and overcoming challenges more easily
- more clarity and improved decision making
- greater purpose and sense of fulfilment
- greater self-awareness, including increased understanding of self and others
- improved relationships personally and professionally
- 31% increase in productivity and performance
- 3 times more creative
- happier, healthier, less stressed
- improved #LIFEworkbalanceare
- Can live up to 10 years longer!

**and most importantly,  
being happier!**

"Gaining a deeper understanding about how the brain works to sabotage me achieving my full potential has really helped & given me some great tools to work with to overcome & change my behaviour"

**Lee Simpson (Financial Adviser)**

I am so confident that you will find great value in this program, I am offering a full money back guarantee, but only if you fully complete the program and feel that is hasn't worked for you. There really is nothing to lose!

All you need to do to start your mental fitness journey is choose the package which works for you, it is as simple as that! Then you can sign up to the waiting list by [clicking here](#) if you haven't already, or just give me a call or drop me an email using the details below to get started or ask any questions you may have.

Feel like this is a big time and financial commitment? I am curious, what is the cost/impact for you as a result of self doubt, procrastinating, feeling low or unhappy, feeling lost and directionless?

Just imagine what it would be like for you in your daily life, relationships, work/business if things were different? Investing in you in this way really is priceless!

## How does it work and what is involved?

Each pod has between 3 and 5 people who will go through the program together and there are 3 packages to choose from:

### 1. First Steps! Mental Fitness Basic Package £755.00 per person

- Free saboteur and positive intelligence assessment
- 8 x 30 - 60 minute weekly online pod meetings of up to 5 pod members led by me
- 6 x 1 hour weekly videos
- Access to the Positive Intelligence app for the daily 15 minute 'mental muscle strengthening gym sessions'
- Limited app access for up to 1 year after the initial 6 weeks
- Access to 8 chapters of the Positive Intelligence book

### 2. Help Me shine! Mental Fitness Standard Package (recommended) - £995.00 per person

- Mental Fitness Standard Package plus...
- 3 x 40 minute 121 coaching sessions with me (to be taken within 6 months of the start of the program).

### 3. I'm ready to thrive! Mental Fitness Advanced Package - £1,695.00 per person

- Mental Fitness Standard Package plus...
- 12 x 40 minute 121 coaching sessions with me (to be taken within 12 months of the start of the program).



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Emma Roache  
Helping You Be Happier