

MIND BODY RESET

A COMPLETE PERFORMANCE PROGRAMME FOR SENIOR EXECUTIVES AND BUSINESS LEADERS

NEED TO INCREASE YOUR ABILITY TO FOCUS, MAKE DECISIONS AND THINK MORE CLEARLY?
WANT TO IMPROVE YOUR MOOD, STAMINA AND ENERGY LEVELS?
FEELING STRESSED-OUT, UNDER PRESSURE AND WORN OUT?

Research shows the body and mind are inextricably linked. When your body is fit and healthy, your ability to perform at the top of your game is dramatically increased.

MindBodyReset is a complete and comprehensive executive coaching programme dedicated to strengthening the mind and body, so you can perform at your best.

DESIGNED UNIQUELY FOR YOU

Your individually designed programme will incorporate one-on-one executive coaching and personal training, based on your unique needs.

Over a six-month period, you will receive the direction, support and tools you need to completely transform your body, mind and performance.

BENEFITS INCLUDE



More energy and focus



Increased fitness levels



Better stress management



Increased mindfulness



Improved self-awareness



More clarity and direction



Tools for ongoing success



SUZI MCALPINE

Suzi McAlpine is a leadership development specialist with over 15 years experience working alongside senior executives to ignite better leadership. Suzi is the Director of McAlpine Coaching and author of internationally acclaimed blog, The Leader's Digest.

LUCAS BENNETT

Lucas Bennett is a strength and conditioning coach, experienced personal trainer and owner of CrossFit Whakatu. Lucas specialises in working with individuals and groups to achieve complete health and fitness.



Contact us today to take advantage of this unique opportunity to completely transform your body and mind, for optimal performance.

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