



# Shift your Mindset, Transform your Results in 10 Minutes a Day

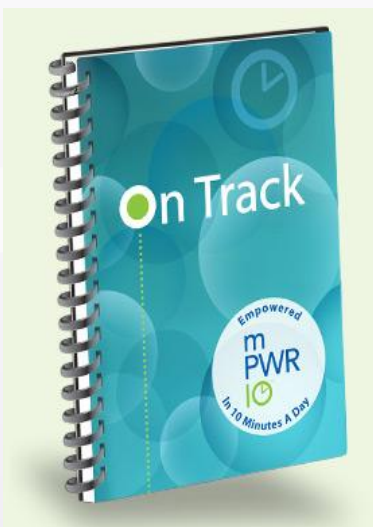
**Want to be 'in control' and focused amidst uncertainty and change? Reaching goals while confidently handling challenges?**

Specific habits of the *mindset* have been scientifically proven to drive success-personally & professionally. These compelling data come from the field of Positive and Peak Performance Psychology, which support that a positive mindset allows us to thrive and achieve the results we want while remaining resilient in the face of inevitable challenges. *mPWR<sup>10</sup>* is the result of extensive analysis of this evidence summarized into a short, powerful program featuring the 6 consistently-proven highly effective habits.

Uniquely, with *mPWR<sup>10</sup>* you create sustained behavioral change. By spending 10 minutes a day, the *mPWR<sup>10</sup>* habits become your habits.

## *mPWR<sup>10</sup>* Users Consistently:

- Enhance resilience and overall outlook
- Improve preparation and confidence before key events
- More proactive and focused on key priorities
- Bounce back quickly following change or challenges
- Accelerate goal achievement



### **TRAIN** 90 Minutes

Group Workshops  
(Small or Large)

Individual Sessions  
(Live or Webinar)

### **SUSTAIN** 10 minutes a day

Self-Coaching Tool

Text Messages

Follow-Up Calls

*“mPWR<sup>10</sup> is a real game changer. It gives you a way to focus on what you want to accomplish and take 10 minutes a day to make it a reality.”*