

Break Through Self-Sabotage: Mental Fitness Strategies for Corporate Excellence

KEYNOTE ADDRESS

By Liezel van der Westhuizen

Keynote: 45 – 60-minute session

When you're not mentally fit, you feel mental stress -- anxiety, frustration, or unhappiness -- as you handle work and relationship challenges. The bad news is that 80% of people score below the minimum level of mental fitness required for peak performance and happiness. The great news? With recent breakthroughs in neuroscience and technology, you can now improve your mental fitness significantly within 6 weeks of practice.

During this session, you'll get a sneak peek at what's standing in your own way of peak performance and happiness and how to begin to move forward.

During this workshop you will gain insight on:

- ◆ The 10 most common ways we self-sabotage and which way is yours.
- ◆ The neuroscience of happiness & peak performance and 10-second techniques to activate your "right" mind.
- ◆ How you generate your own stress, and how you can generate peace of mind instead (even in the midst of great challenges).
- ◆ The "Three Gifts Technique" and how to use it to convert failures and setbacks into gifts and opportunities.
- ◆ The mental muscle that gives top performers their edge, and how you can grow it with a few minutes of daily practice.

This session is based on the Positive Intelligence work of Shirzad Chamine, a New York Times Bestselling author, Stanford lecturer, and coach to hundreds of CEOs and executive teams.

YOUR ACTION ITEM prior to the session: Take the free 5-minute Saboteur Assessment (results will not be shared) Previous participants have enjoyed discovering which Saboteurs present the greatest internal obstacles to their optimal achievement and well-being. And they are thrilled to learn simple science-based tools to remove these obstacles.

Mental Fitness Workshop: 2 - 4 hour session

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During this webinar you will gain insight on:

- ♦ The 10 most common ways we self-sabotage and which way is yours.
- ♦ The neuroscience of happiness & peak performance and 10-second techniques to activate your "right" mind.
- ♦ How you generate your own stress, and how you can generate peace of mind instead (even in the midst of great challenges).
- ♦ The "Three Gifts Technique" and how to use it to convert failures and setbacks into gifts and opportunities.
- ♦ The mental muscle that gives top performers their edge, and how you can grow it with a few minutes of daily practice.

This session is based on the Positive Intelligence work of Shirzad Chamine, a New York Times Bestselling author, Stanford lecturer, and coach to hundreds of CEOs and executive teams. After learning about the three core mental muscles, your team will break out into discussion groups based on top Saboteurs (from the online Saboteur Assessment). Each Saboteur group then reports out to the larger group about what their Saboteur is all about, its lies, limiting beliefs, and negative impact. This interactive session is how you can shift from a conceptual understanding of the topic to a deep personal "aha..." of exactly how you have been sabotaging your own effectiveness, wellness, and relationships. This is where your team will get really excited about a new possibility for themselves and each other.

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Workshop Outline: Mental Fitness Overview

- ♦ 45 minutes Saboteur Breakouts
- ♦ 40 minutes Saboteur Report Outs
- ♦ 20 minutes Wrap-Ups
- ♦ Q&A / Call-to-Action to sign up for program: 15 minutes

Target Audience: Graduates, Managers, Leaders, Talents.

About Liezel van der Westhuizen

Liezel van der Westhuizen is a Certified Mental Fitness Coach and Mindvalley certified Executive coach , renowned keynote speaker, emcee, and fitness and wellness presenter on KFM94.5, CapeTalk, and Radio 702. With a deep understanding of grit and resilience, Liezel draws from her experiences as an endurance athlete, having completed multiple Ironman Triathlons, tackled the Dusi Canoe Marathon, cycled across the Himalayas on a tandem bike with a blind athlete, and braved 11°C waters to swim from Blouberg to Robben Island.

Liesel leverages her personal journey to inspire and empower employees and leaders worldwide, encouraging them to push beyond their limits. Her unique combination of mental fitness expertise and athletic accomplishments provides a powerful foundation for motivating others to cultivate resilience and achieve peak performance.