

Mental Fitness: The Strongest Muscle You're Not Training... Yet

KEYNOTE ADDRESS

By Liezel van der Westhuizen

Duration: 45 minutes

Overview:

This dynamic 45-minute keynote introduces mental fitness as the foundation for peak performance, emotional agility, and sustainable leadership. Combining neuroscience, the Positive Intelligence (PQ) framework, and endurance sports wisdom, Liezel equips professionals with science-backed tools to train their minds for clarity under pressure, faster recovery from setbacks, and resilience in high-stakes environments.

Key Takeaways:

- ◆ Why grit alone isn't enough - and what truly drives consistent performance
- ◆ The role of internal saboteurs like The Judge, Hyper-Achiever, and Restless - and how to intercept them
- ◆ How 10-second Reset Reps shift the brain from stress to steady focus
- ◆ A live guided reset exercise to demonstrate the power of mental recalibration in real time
- ◆ A practical 3-step mental fitness plan to implement immediately
- ◆ A powerful reframe: train your mind like you train your body - daily, strategically, and with intention

Audience Experience:

Attendees will walk away with:

- ◆ A heightened awareness of what's sabotaging their energy and clarity
- ◆ Simple tools to reset in high-stress moments
- ◆ A renewed sense of control and confidence - both at work and in life

Perfect For:

Executives, leaders, high-performance teams, sales professionals, and wellness-focused audiences who want to manage stress more effectively, unlock untapped potential, and build mental resilience as a competitive edge.

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