



PSYCHOLOGICAL FITNESS FOR MANAGERS

Training in the award-winning practices
that elevate wellbeing and performance.

Many people's performance and wellbeing at work declines when under pressure. This leads to the experience of distress and suboptimal decisions at work.

The organizational consequence?

An underperforming workforce.
Limited top-line growth.

Psychological Fitness for Managers supports organizational success by teaching your managers the inner practices they need to perform well, even under pressure.

They will learn the same practices that power the Double Gold Medal Award-Winning Google Cloud Way of Sales Coaching program.

Psychological Fitness for Managers is delivered via videoconferencing over 4 hours or three, weekly 60-minute sessions.

Participants will emerge knowing how to:

- De-pressurize and access an optimal mindstate in less than five seconds.
- Shift out of unhelpful / unwanted patterns of behaviour and thinking.
- Embrace and transmute fear, nervousness, anxiety and anger.
- Access a state of inner wellbeing and ease on-demand.
- Optimally prepare for a situation that evokes pressure.
- Create a lifestyle that supports wellbeing and performance.

Meet Your Psychological Fitness for Managers Instructors



Felix Hirschburger

Felix is the co-founder and director of Psychological Fitness International. He has over 10,000 hours of coaching experience with entrepreneurs, executives and athletes. He holds a MA in economics, is a Professional Certified Coach (PCC/ICF) and is currently in the MCC certification process. He is also a licensed Hypnotherapist and Wim Hof Method Instructor. Felix is a former member of the management board of the Swiss market leader in Career and Executive Coaching, University lecturer in the areas of coaching and leadership, TEDx speaker and loves the interaction with people, nature and sports.



Marshall Green

Marshall comes from a technology and sales background with over 25 years in high-tech startups within the wireless mobility, cybersecurity and cloud spaces. He holds college degrees in Computer Information Systems (AAS) and Telecommunications (BS) with multiple coaching certifications including Human Potential Coach and Psychological Fitness Teacher. He is the founder of his own coaching business and teaches groups and individuals the foundations of psychological fitness so they too can better navigate the complex challenges of the business world through aware presence.

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hello@psychologicalfitness.io