



THE INNER GAME

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 under-performing workforce. Limited top-line growth.

The Inner Game supports organizational success by teaching your managers and employees 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.

The Inner Game is delivered via videoconferencing over 3.5 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 Inner Game 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.



Dr Mark Atkinson MBBS, FRSPH

Mark is a British medical doctor, human potential teacher and pioneer of Optimal Health Medicine. His programs have empowered thousands of people, including business leaders, elite athletes, coaches, health professionals and many executives to optimize their health, train their mind and live from their best Self. He is a Fellow of the Royal Society for Public Health, Fellow of the Association for Coaching and Fellow of the American Institute of Stress. His books include The Mind-Body Bible and True Happiness - Your Complete Guide to Emotional Health. Mark received his medical degree from Imperial College London.

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