

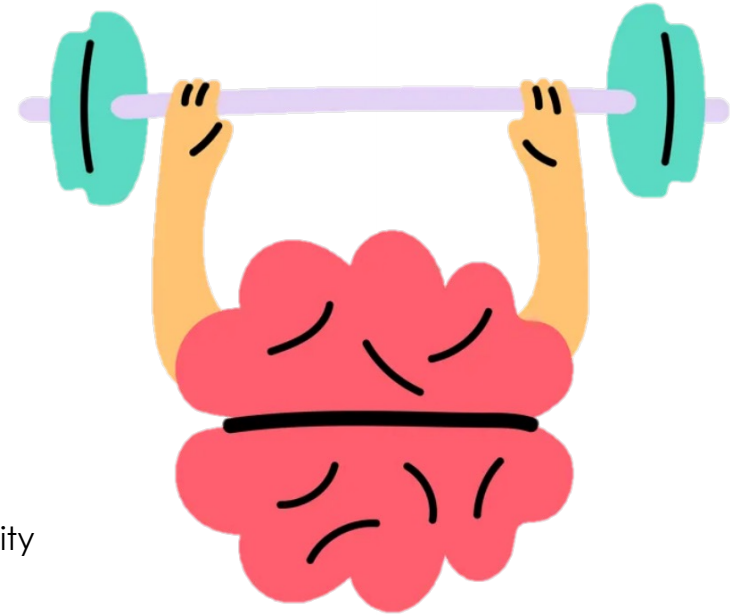
YOUR MENTAL FITNESS

COACHING PROGRAMS BASED ON NEUROSCIENCE

LUCIA GIAMMARCO GRANIER

Certified Brain Coach

for executives, entrepreneurs and all those who want to better their quality of life.



LUCIA GIAMMARCO GRANIER

Brain Coach – Entrepreneurs & Executive

Personal background
Meditative approach
Studies and certifications



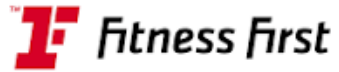
WHO ARE MY CLIENTS?

Entrepreneurs, start ups or single leaders aiming to embark on a new business experience

Executives/teams who needs a breakthrough in their career

Employees, team managers who want to make the difference in their personal and career objectives, increase their confidence and speaking in public

SOME OF THEM



Your mind is your
best **friend**. But it
can also be your
worst **enemy**.



DISCOVER WHAT IS HOLDING YOU BACK

Saboteurs are the **voices** in your head that generate stress and negative emotions in the way you handle work and life's challenges.

They sabotage your potential for both **happiness** & **performance**



DISCOVER
YOUR
SABOTEURS
QUIZ TIME



SCAN TO FIND OUT
WHAT'S HOLDING YOU
BACK!



THE JUDGE



THE STICKLER

THE HYPER
ACHIEVER

THE AVOIDER

THE
CONTROLLER

THE HYPER
RATIONAL

THE HYPER
VIGILANT

THE PLEASER

THE RESTLESS

THE VICTIM



You will learn mental fitness and shift from negative to positive mindset



You will become more productive and resilient and more in control of your actions and emotions



In a few weeks you can go from self sabotage to self mastery!

A FEW WEEKS PROGRAM
CAN BOOST
PERFORMANCE AND
HAPPINESS

HOW?!

TRAIN YOUR PQ BRAIN



PQ stands for **Positive Intelligence Quotient**



It is the third type of Intelligence, the other two are **IQ** (cognitive Intelligence Quotient) and **EQ** (Emotional Intelligence Quotient)



It is the percentage of time your mind is acting as your **friend**, rather than your **enemy**



A PQ of 75 means that your mind is serving you about 75% of the time and is sabotaging you about 25% of the time in your daily life (not counted the time when your mind is in neutral territory)

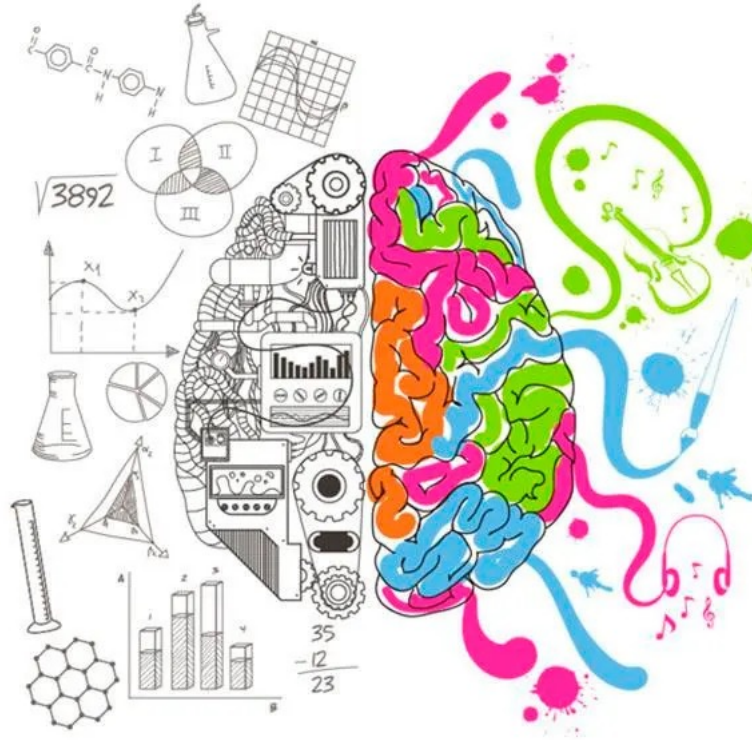
LEFT BRAIN

Linear & logical thinking

World of data and logic

Focused on controllable things

Rational mind



RIGHT BRAIN

Non-verbal language

Energy and mood

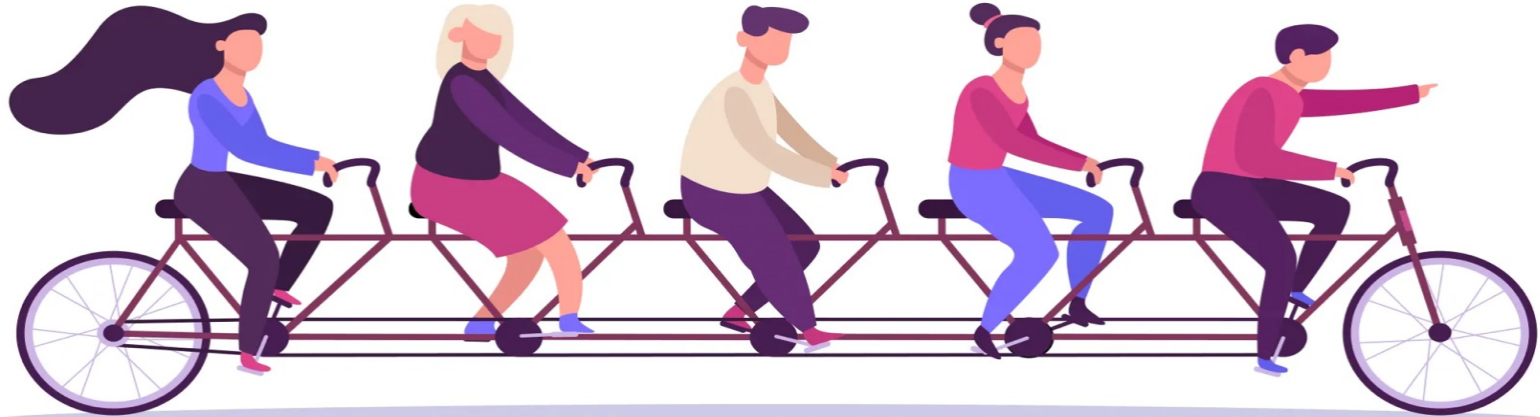
Physical sensations & emotions

Social skills

EQ, IQ & PQ in Business

When an individual/group/team focuses exclusively on performance, performance suffers due to prolonged stress, team friction and low Emotional Intelligence (EQ).

My method based on positive intelligence maximises both performance and wellbeing, while growing EQ competencies.





SOME STATISTICS



An analysis of more than 200 different scientific studies, concluded that **higher PQ** leads to **higher salary** and **greater success** in all the areas of life



Salespeople with higher PQ sell 37% more than their counterparts



Negotiators with higher PQ are more likely to gain concessions, close deals, and forge important business relationships



Higher PQ workers take fewer sick days and are less likely to become burned out or quit



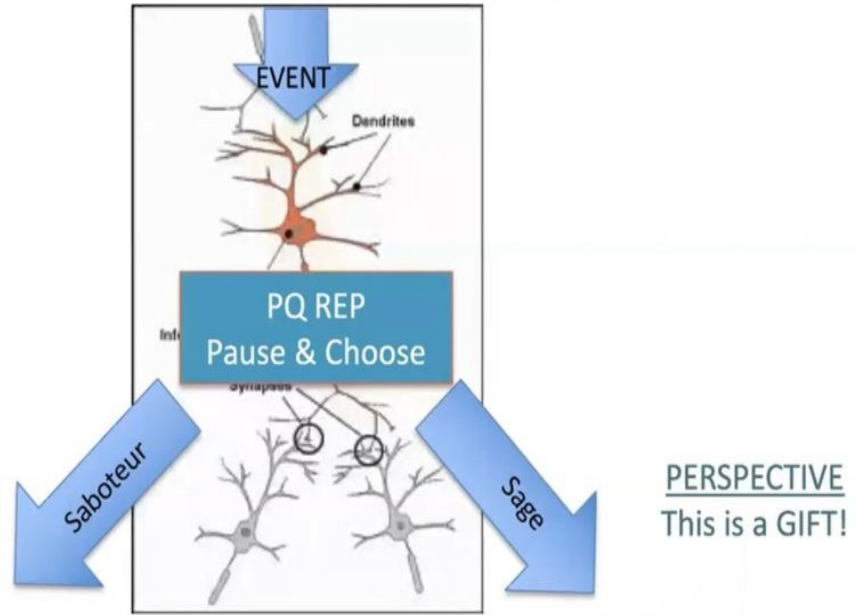
Doctors with higher PQ make accurate diagnoses 19% faster



Managers with higher PQ are more accurate in making decisions and they reduce their effort needed to get the work done



Students with higher PQ perform significantly better on math test



WHERE IS YOUR **FOCUS**?

ON **PROBLEMS** OR **OPPORTUNITIES**?



In a nutshell, your mind is **constantly sabotaging your potential** for both performance and happiness.

All your negative emotions are the result of **self sabotage**.



During my **coaching programs** you will:

Strengthen the part of your brain that serves you and quiet the part that sabotages you

Train your brain muscles, weaken your saboteurs to move beyond your self-limiting beliefs

In a nutshell, you handle **life's challenges** in both work and personal life with more positive mindset and less stress.

Welcome to Mental Fitness



DEEP TRANSFORMATION

It is suitable for you if you:

- Want to experience a deep change in your bad tendencies
 - Have to areas of improvement where you want to reach three different goals of three areas of your life
 - Feel committed to co-create with your coach the path to change your habits and you need regular accountability from a coach
-
- Duration: 4/8/12 weeks
 - 1 coaching session every week

We will radically revolutionize your habits, your bad tendencies, what you tendentially struggle to change. We will implement PQ techniques and specific exercises either during our sessions and by yourself with the monitoring of the worksheet chosen according to your challenges and necessities. You will become fully aware of what has to be done to overcome every single struggle you may find yourself in, you will feel in charge of your mind and you will be able to manage your negative thoughts. You will experience a full control of your life.

We will be constantly in contact. You will never feel lost in your challenges. We will set up strategies according to neuroscience-based techniques. We will come up with an action plan that includes progressive new strategies and new actions as you progress, monitoring your commitment and thoughts through questionnaires, worksheets and exercises. We will also be in contact through whatsapp and we will have weekly calls.

4 WEEKS PROGRAM : 1,250 EURO (4,780 AED)

8 WEEKS PROGRAM : 1,950 EURO (7,460 AED)

12 WEEKS PROGRAM: 2,950 EURO (11,280 AED)

NOTE 1: PROGRAMS CAN BE SPECIFICALLY TAYLORED OVER EVERYONE'S NEEDS AND VARY IN DURATION, PRICE AND TOOLS TO APPLY

NOTE 2: PRICES OF THE PROGRAMS ARE NOT RELATED TO THE SINGLE SESSIONS BUT TO THE PROGRAMS, WHICH INCLUDE

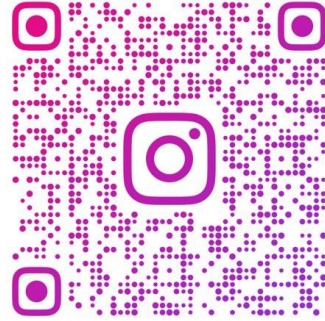
- SESSIONS
- WORKSHEETS
- EXERCISES
- WEEKLY CATCH UP CALLS

FEES

Thank you!

Get in touch to
schedule a FREE
chat!

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