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# Brochure TopMind™ Focus! Workshop



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## **Improve your mental fitness with TopMind™**

What sets apart professional athletes, musicians and entrepreneurs is their ability to focus and stay focused during those activities that truly matter to them at that moment. No matter what obstacles or distractions they encounter. At TopMind™ we call this ability mental fitness.

Your mental fitness can be improved by exercising. The TopMind™ Training-system is aimed at exactly this. It combines Eastern insights with Western methods. Mindfulness, concentration exercises and effective workouts will all be discussed.

### **Results of the TopMind™ Training-system**

- Improving your ability to focus
- Gaining better insight into yourself and the things that matter to you
- Finding out what stands in the way of you performing your best
- Managing your energy levels more effectively
- Knowing what to do to find peace of mind
- Becoming more productive and creative by focusing your attention



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## **TopMind™ Focus! Workshop**

During our workshop you will get acquainted with the TopMind™ Training-system. You will be introduced with the basics of the program in an accessible and effective way and you will experience at first hand that a TopMind is trainable.

We will discuss techniques to train your mental capabilities by yourself, so you can focus and stay focused during activities that truly matter to you. Professional sports will often serve as an accessible and inspiring metaphor.

### **During the workshop the following topics will be discussed**

- 2 'states of mind' at work: 'Dis-Ease' and 'Real-Ease'
- Improving your MindSet, the best attitude for growth
- Practical tools to improve your mental fitness by yourself
- An overview of the TopMind™ Training-system

De workshop takes approximately one hour.

\*The goal of the Focus! Workshop is to get people to think about the benefits of mental training. The



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## Questions?

Please feel free to contact us. Anne-Johan can be reached at 06-430.386.33 or per e-mail: [anne-johan@topmind.nl](mailto:anne-johan@topmind.nl).

## About TopMind™

*TopMind™ is located at the beautiful Leyduin Estate in Vogelenzang. Owner Anne-Johan Willemsen is an experienced mental coach to both professional athletes and entrepreneurs. Having worked as a manager at Procter & Gamble and Shell, he is well aware of the challenges entrepreneurs have to face each day. Since 2006 he has been helping entrepreneurs and professional athletes focus on those activities that matter to them with his unique and effective Mind Fitness program, which helps improve the mental fitness and performances of his clients.*



