

MIND FULL or MINDFUL

TM



TopMind™ 100-Day Program



Who	business and top-sport
Duration	100 days
Frequency	unlimited and on demand
How	one-on-one, video, online, email
Effectiveness	Physical- and rest test
Support	24/7

MindSet

- What mental attitude is suitable to learn? This is the basis for development.
- We distinguish five properties.

Instruments

- What specific techniques can we use to focus our attention on what we want to focus on? We cover about 10 instruments.

Practice

- What can we do every day to give practical meaning to training. We have developed five training principles.

