



## Details

Name: Anne-Johan Willemsen  
Phone number: +31 (0) 6-43038633  
E-mail: Anne-Johan@topmind.com  
Site: www.topmind.com  
Agency: TopMind

## Profile

What got you to where you are now, won't always get you further.... But what will?

### ***The fitness of your mind!***

Mind Fitness combines recognition of what's really important in your work and life with the ability to focus on it, regardless of distractions. This, just like physical fitness, can be achieved through training.

My name is Anne-Johan Willemsen and I'm a Mind Fitness trainer. I help business leaders and athletes enhance their effectiveness through continuous improvement of mental clarity and focus.

I do this via the TopMind™ training system, a programme developed over ten years which has been extensively tested on a wide variety of people, from top executives and entrepreneurs to professional athletes. A recent study by the University of Amsterdam/ AMC revealed it to result in spectacular measurable effects, such as increased empathy and work satisfaction coupled with reduction in stress. (Int. Journal of Surgery, Nov 15).

TopMind™ programmes are able to precisely measure levels of mental fitness and behavioural leadership change. If you decide to go for it, you're assured of tangible feedback on how effective the process has been for you.

If you'd like to find out more about what TopMind™ training involves in practice, please feel free to contact me (06-43038633). Or why not attend a one-on-one introduction training at our office in Vogelenzang? A perfect opportunity to get to know each other first hand and get a taste of the programme.

*I look forward to meeting and supporting you on your journey to achieving a TopMind!*