



FIT
for
BUSINESS[®]
workshop



“

A great team full of energy, positivity, laughter,
professionalism, honesty and added value.

The workshop was healing; it offered a schedule for energy
management, an interesting plan and a different booster in my life.

Lea Atallah, Zimmer



Stop Managing Time

Invest in
Sustainable Energy

PEOPLE'S ENERGY

WHY FIT for BUSINESS®?

In the corporate world, a typical lifestyle is full of lengthy working hours and deadlines, long-standing **personal to-do-lists**, too many cross **priorities stretching us in opposite directions**, continuous **changes and challenges**, and **overachievements turning into standard performance**.

Since ever, **time and work-life-balance were thought of as the key** elements in approaching the situation. However, in the same 24-hour that we all have, how come some people finish their day with more done, better results and with remaining fuel to continue their personal, social and family life?

The answer is unquestionable: **SUSTAINABLE PERSONAL ENERGY!**

A DIFFERENT BREED of WORKSHOPS

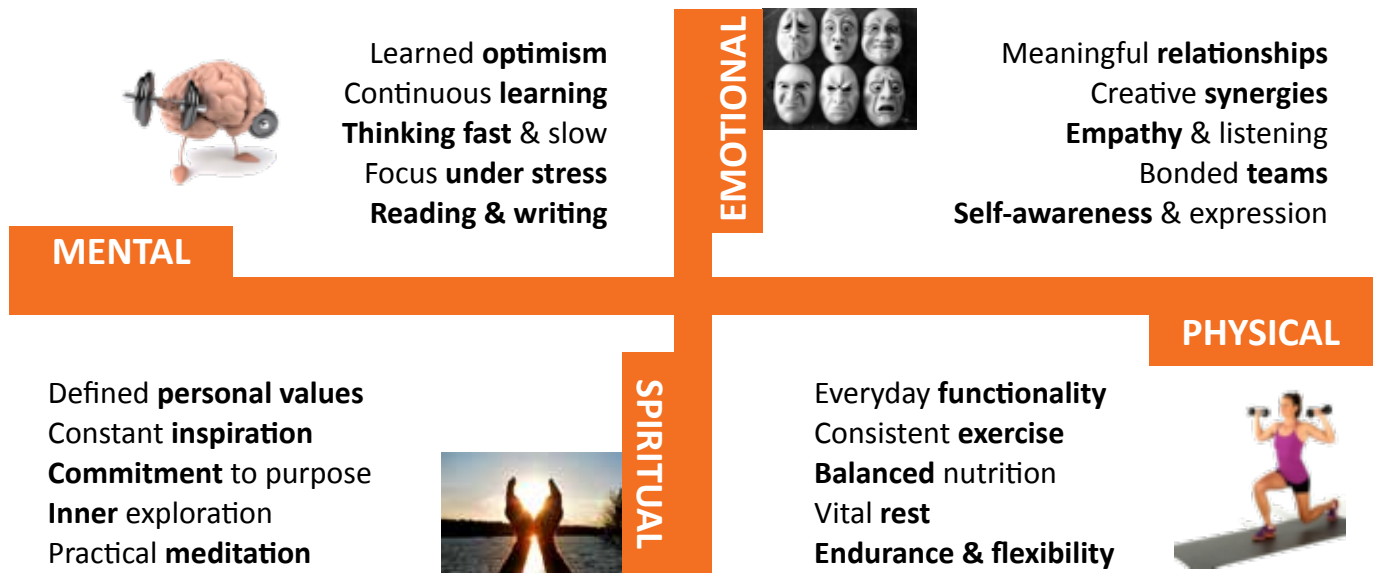
FIT for BUSINESS® sets a new standard in delivering corporate interventions.

mynditude®, the **corporate coaching** expert, worked with specialists from different fields, **top corporate performers, athletes, psychologists, medical doctors, personal trainers, nutritionists and artists**, to design a model that takes people on an **outstanding 2-day journey**, filled with reflections, discussions, fun, laughter, dance, exercises, team bonding, planning, commitments and much more. Participants actually come in their sport clothes.

4-DIMENSIONAL ENERGY

When the words **FITNESS** and **ENERGY** are mentioned, the mind automatically & correctly associates them with the **BODY**; but it's **not merely the whole truth**.

To be **FIT for BUSINESS®** is to be fit in 4 dimensions: **mental, emotional, physical & spiritual**.



THE WORKSHOP CREW

FIT for BUSINESS® assembles a **spectacularly specialized team** that will blow the **experience to levels** beyond anybody's expectations. The crew consists of:

- **Executive Business Coach**
- **Clinical Dietitian**
- **Master Physical Trainer**
- **Personal Trainers**
- **Clown Therapist**
- **Mind-Body-Soul Specialist**



WORKSHOP ELEMENTS

The **2-day** workshop is packed with multiple stations & a **roller-coaster effect** between **high/low energy** activities, **ending** with a **45-day personal plan** and **public commitments**.

DAY 1

Immediate Engagement
Mental & Physical Warmup

Reflection on a Typical Week



Proper Workout Demo

Nutritional Awareness



15-Station
Circuit Training



Nutritional Information
Testing



Mind-Body-Soul
... and Breathing
Techniques



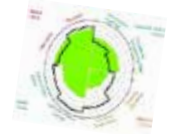
DAY 2



Full Body Scan

Body Fat Composition, Glucose,
Blood Pressure, Height, Weight

my 4-D Fitness Wheel



Emotional Fitness



Defining
Personal Values



Dancing Warmup
& Fit Test



15-Station
Circuit Training

Healthy & Practical Snack
Preparation Activity



Body Scan Results



A 45-Day
Personal Energy Plan



A Selection of mynditude's Partners

AWR الروستاماني
ROSTAMANI

BDF ●●●●
Beiersdorf


BRITISH AMERICAN
TOBACCO

 CareFusion


DANONE
BABY NUTRITION


evian.


FDC
FOOD & DRUG CORPORATION S.A.L.


IMPACT BBDO

initiative


IPT Power Tech


JUBAILI BROS
جبيلي اخوان

J W T


kraft foods
make today delicious

M&CSAATCHI

MEDIACOM

 Medtronic


MERCK
Living Innovation

 Mercy Corps


MINDWORKS®

 MSD


NIVEA

OMD


PHILIP MORRIS
INTERNATIONAL


Roche


STADA


STORZ
KARL STORZ – ENDOSKOPE


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Personal & Organizational Growth