

MINDSET FITNESS

10 DAYS

MINDSET TRAINING

TO INCREASE SELF-CONFIDENCE

WWW.MINDSETFITNESS.EE



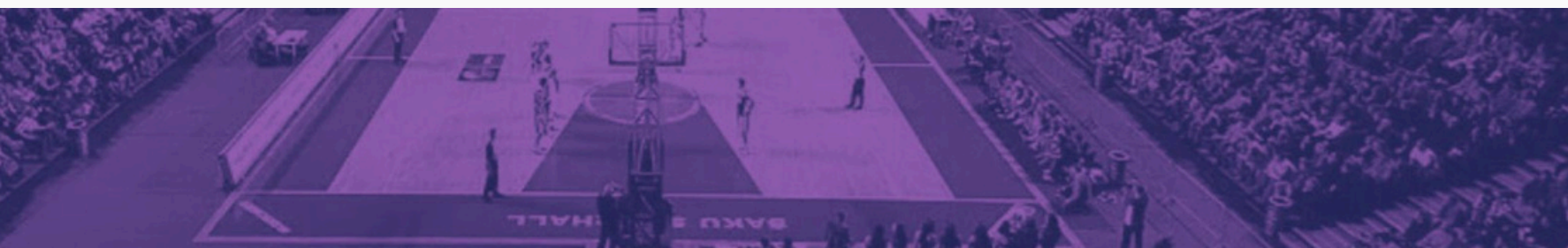
PROBLEM:

Everyone wants to do their job well, but subconscious fear often hinders their performance, which in turn affects the functioning of the entire organization.

Fear of failure can lead to avoidant behavior where employees are afraid to make mistakes and therefore do not dare to come up with innovative solutions. This slows problem resolution and lowers customer satisfaction, damaging the organization's reputation and sales results.

There is also a less visible but important fear of success, which causes stress and can lead to self-handicapping. Employees may begin to avoid greater responsibility, which inhibits proactivity and teamwork.

These unconscious fears affect every level of the organization, hindering innovation and reducing the company's competitiveness. Therefore, addressing these fears is important to ensure employee confidence and organizational success.



KERDU LENEAR

MINDSET FITNESS FOUNDER:

As a former professional basketball player, I know exactly the role that mental muscle strength plays in achieving success. Top athletes do not reach the top only through physical training, but mental strength is just as important. It's not just an Olympic athlete's privilege—everyone can learn how to achieve bigger goals and better results by exercising their thinking muscle.

The STOP process brings this knowledge to employees, giving them a tool to deal with daily challenges, reduce stress and thereby increase sales results. It's not just another stress management program, but a strategic, neuroscience-based mental training method tailored specifically for those who need to be in top shape every day to deliver the best customer experience and increase sales.

OUR SOLUTION:



Reduces occupational stress and burnout

Less stressed employees are able to maintain composure even in stressful situations, which means a better customer experience and higher sales results. When employees don't burn out, they stay motivated and productive, which directly affects sales numbers.



Improves communication skills and customer satisfaction:

When employees are able to remain calm and empathize in difficult situations, customer satisfaction increases, which in turn leads to greater loyalty and higher sales numbers. Positive customer interaction increases repeat purchases and referrals.



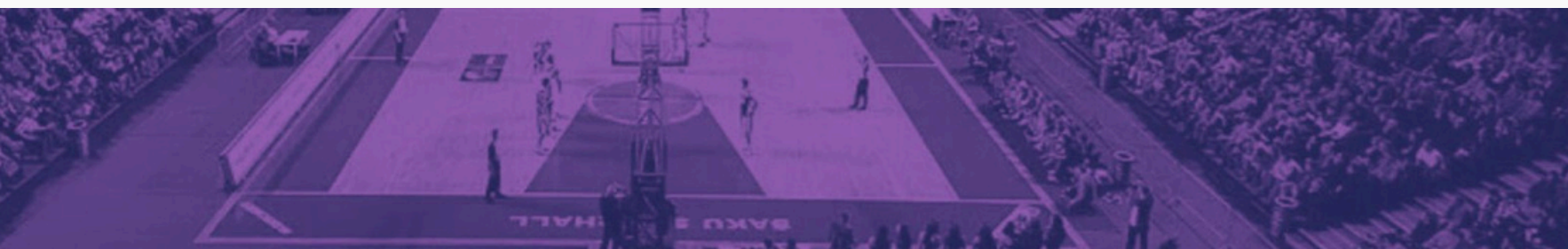
Increases self-confidence and decision-making ability:

Confident employees make quick and confident decisions, which reduces delays in the sales process and helps to capitalize on more sales opportunities. This increases conversion rate and average transaction value.



Teaches to manage emotions:

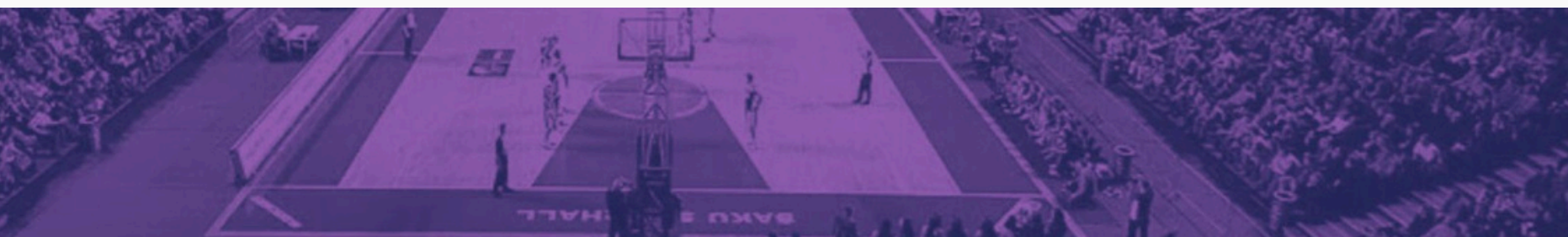
When employees can manage their emotions, they are motivated, which leads to better results. Fresh and balanced employees are more pleasant and efficient for both customers and their team.



OUR CASE STUDY WITH FC FLORAGA:

WE CONDUCTED A 10-DAY STOP TECHNIQUE PROCESS WITH THE FC FLORA WOMEN'S SOCCER TEAM, AND THE FEEDBACK FROM THE PLAYERS WAS EXTREMELY EFFECTIVE:

- ⚽ I can get a bad emotion out of my head faster during training.
- ⚽ This exercise has made me think and remember more positive moments.
- ⚽ I'm recovering from an injury and at first things don't go as I'd like. Thanks to the STOP technique, I have overcome negative emotions faster during training.
- ⚽ In the game, it has helped to forget the thought of a bad touch or pass more quickly and focus on the game.
- ⚽ The STOP technique reduced the fear of making mistakes and increased confidence and made me feel like
- ⚽ I could do it.
- ⚽ I used to think about mistakes after training, but now I do the STOP technique and I don't think so much anymore.



FEEDBACK:



- ☞ The STOP technique was very helpful as I often struggle with negative thoughts and it helped me understand how to change those thought patterns.
- ☞ I couldn't go back to the negative feeling after several repetitions, showing how effective it was in changing my mindset.
- ☞ Today I got concrete exercises to deal with my problems, which was very useful, as the previous seminars I attended never gave concrete solutions.
- ☞ After practicing the STOP technique, I felt a noticeable lightness. I have been carrying a bad emotion inside me for a long time and today it finally seemed easier to let go.



PACKAGE 1:

LENGTH: 1-2HR,
ON-SITE, ONLINE OR HYBRID

DAY 1:

STOP TECHNIQUE TRAINING

On the first day, we start with an intensive training, where certified neuroencoding specialist Kerdu Lenear introduces the STOP technique. Participants will learn how to use the STOP process to manage stress, improve focus, and manage emotions. This hands-on training gives employees a tool they can immediately use in a real work environment.

DAYS 2-10:

INDEPENDENT TRAINING

The following nine days are focused on the application of the STOP technique in everyday work. Participants get instructions from the training on how to integrate the STOP process into their.



PACKAGE 2:

LENGTH: 10 DAYS
ON-SITE, ONLINE OR HYBRID

DAY 1:

STOP TECHNIQUE TRAINING

On the first day, we start with an intensive 1-hour training, where certified neurocoding specialist Kerdu Lenear introduces the STOP technique. Participants will learn how to use the STOP process to manage stress, improve focus, and manage emotions. This hands-on training gives employees a tool they can immediately use in a real work environment.

DAYS 2-10:

MAINTAINING CONTINUITY AND SUPPORT ON WHATSAPP

The following nine days are focused on the application of the STOP technique in everyday work. Participants will receive daily reminders and instructions on how to integrate the STOP process into their work via WhatsApp. Kerdu Lenear will be available to answer questions and provide support, helping participants stay consistent as they implement a new habit.

DAYS 5 AND 10:

ONLINE CALLS AND PROGRESS EVALUATION

Days five and ten include a 30-minute webinar where participants share their progress and challenges in implementing the STOP technique. Kerdu Lenear provides personal feedback and helps adapt the technique to individual needs.

OUR CLIENTS:



RAHANDUSMINISTEERIUM



MINDSET FITNESS

FURTHER FASTER TOGETHER
THANK YOU!

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