



MENTAL AGILITY

MOVE YOUR MIND

Leadership Workshops



Connections are always weak points.

Structures break most easily at connections, and human connections share the same problem. Quality leaders must weld individuals so they are stronger together than they are apart.

This requires a practical understanding of how human beings think.

Mental Agility educates future leaders on how best to motivate and care for their employees and volunteers based on the most rigorous studies on neuroscience and human psychosocial behavior.

Mental Agility Leadership Workshops™ teach:

- Evolutionary Psychology
- Cognitive & Dialectical Behavioral Therapy
- Conflict De-escalation Techniques
- Low Morale Recognition and Recovery

Leaders take care of those in their charge, they model trust, and, most importantly, leaders stand at the vanguard when situations grow difficult.

Improve your human welding skills by scheduling an in-person or virtual workshop at:

mentallyagile.com/contact