



HIGH-PERFORMANCE TRAINING PROGRAM

FOR EXECUTIVES

Powered by P S  F I

52% of Employees are Burnt Out
(Increasing 9% a Year)

**Forbes April 2021*

\$190 Billion Annually Lost in Healthcare Costs

**Harvard Business Review April 2017*

34-60% Loss in Employees Salary

**Gallup July 2021*

48% of Employees are Actively Looking
for Another Job

**Gallup July 2021*

74% of Workers are Actively Disengaged and
Unhappy at Work

**Gallup March 2021*

After coaching executives, litigators and leaders for 20+ years at Fortune 500 companies and the top 100 law firms, David knows what the cost of burnout and being disengaged is at the highest level, personally and professionally. He knows the stress and price as an employer and the headaches and heartaches as an employee.

That's why he created the
PSYFI High-Performance Training Program

Learn simple science based solutions that are **over 98% effective**, for repeatable engagement, sustained resilience, higher producing and happier employees.

Former litigation psychologist
with 20+ years experience
coaching executives
and teams nationwide

Accredited psychologist with
25+ years experience in the
field

Certified personal trainer with
30+ years in fitness

Neuroscience practitioner
with 15+ years experience

THE P S V F I DIFFERENCE

Breathwork and meditation
instructor with 10+ years
experience integrating in over
51 countries

Created the
Psychology-Fitness™ Industry
& the B3 Methodology™

The premiere and most
complete mind and body
performance program in the
nation

The B3 Methodology™ has been proven to be over 98% effective with
6000+ participants worldwide

BENEFITS OF PSVFI TRAINING

What are the benefits for the corporation?

- ▲ Increase Productivity
- ▲ Increase in Employee Retention
- ▲ Decrease in Employee Burnout
- ▲ Leadership Development
- ▲ Decrease in Health Care Costs

What are the benefits for the individual?

- ▲ Increase in Focus
- ▲ Increase in Productivity
- ▲ Decrease in Stress
- ▲ Access to a Coach Who's Been Where They've Been

What differentiate us from other programs?

- ▲ Creators of the Psychology-Fitness™ Industry
- ▲ Scientifically Proven B3 Methodology™
- ▲ Built in Accountability (Peer-to-Peer Assignments)
- ▲ Built by Leaders for Leaders

PSYFI™ LEARNING MANAGEMENT SYSTEMS



How Psychology-Fitness™ Training Can Improve Your Health, Wealth & Relationships



Dealing with the Fear of the Unknown in an Uncertain World



Developing Laser Like Focus in a Distracted Environment



How to Kill Procrastination to Get Things Done Right Now



Tame the Perfectionist Inside You Once and For All



Cultivating Patience, Even When It Hurts

One Lesson per Training Session

PSYFI™ LEARNING MANAGEMENT SYSTEMS



How to Harness Vulnerability
While Still Being Powerful



How to Alchemize Fear Into Excitement
to Overcome Any Challenge



Generate More Energy and Harness It
Throughout Your Day



Killing Off Indecision and Being Decisive
In the Most Critical Moments



How to Control Your Physiology,
Even in the Most Stressful Environments



Becoming Antifragile:
Getting Comfortable Being Uncomfortable

One Lesson per Training Session

PSYFI is the answer.

For the first time have your own clinical psychologist, personal trainer, life coach, breathwork teacher and meditation instructor all in one, but instead of having to see four (4) professionals and wait months or even years for results, you get them with **ONE** coach in **55-minutes** with a **98% effectiveness** rate.

BENEFITS OF P S F I TRAINING



Self-Confidence

Break non-productive habits and start productive ones.



Clarity

Distinguish the important from the unimportant in your daily life.



Focus

Learn how to prioritize what is critical so you make more progress in less time.



Motivation

Do the things you know you need to do when you need to do them.



Perseverance/ Resilience

Push through and finish the most difficult tasks.



Decisiveness

Lead by the example without doubting yourself.



Emotional Readiness

Control your mind and direct your thoughts all day, every day.

YOUR COACH

DAVID MYKEL

PSYFI Head Coach & Founder

For the first time ever, have your own clinical psychologist, personal trainer, life coach, breathwork teacher and meditation instructor all in one, but instead of having to see four (4) professionals and wait months or even years for results, you get them with **ONE coach in 55-minutes** with a **98% effectiveness** rate.

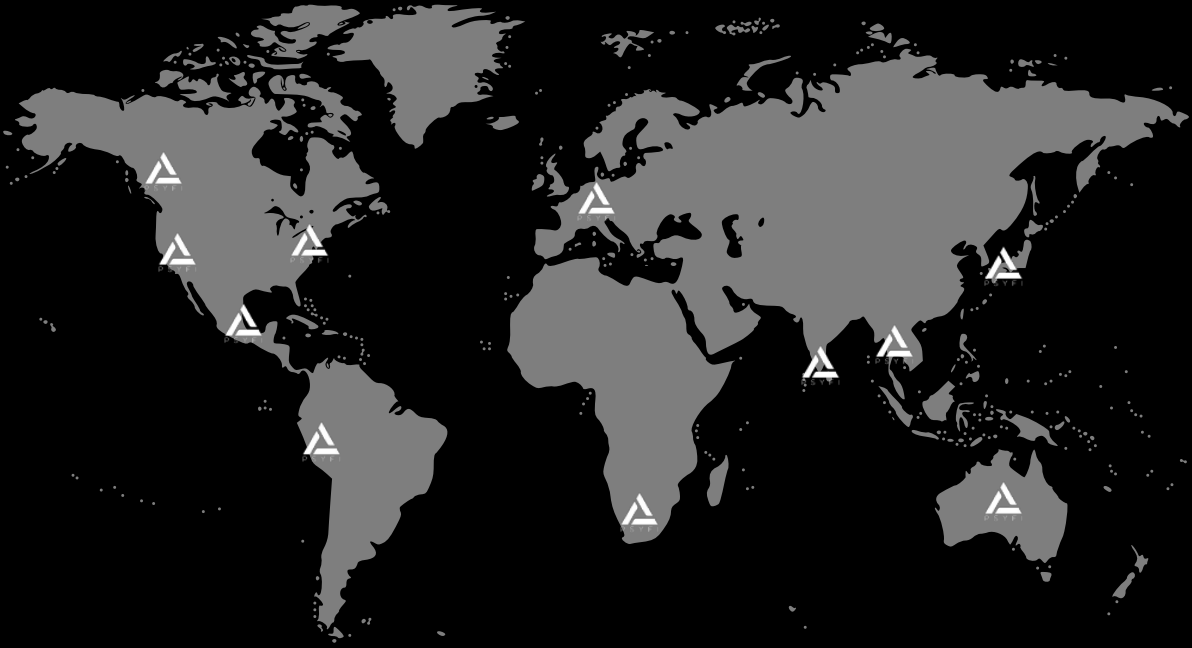
This is what David brings into every interaction with his company PSYFI and how he shortcuts the struggle for high-performers worldwide.

After spending **30+** years pushing his body in fitness, the mountains and ocean, and **25+** years honing his mind with psychology and neuroscience in **50+** countries worldwide, David has brought the Psychology-Fitness™ industry to life where he now works with executives, leadership, and their teams optimizing their physical, mental and emotional performance by training their brain, body and breath.

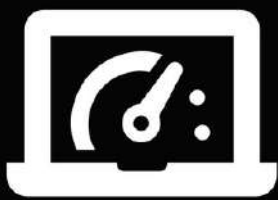


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BY THE NUMBERS



6000+ Participants Experienced



71%

Increase in
Productivity



62%

Increase in
Focus



58%

Decrease in
Stress

CLIENT TRANSFORMATIONS



Working with David has been a transformative experience. The results I have personally experienced have been outstanding. It's a pleasure to work with David, and well worth the investment in oneself.

Heather
CEO



David helps you strive for excellence, pushing your limits, on a physical, mentally and emotional level. I made it through some of the toughest situations in my life. I highly recommend him to anyone trying to improve and or change the trajectory of their life.

Lambert
CTO



David has a profound understanding of the mind and body. He has helped me carefully dissect my habits, motivations and create systems to help build a strong foundation, and then layer in a consumable way.

Kevin
CMO



Revealing. Empowering. Inspiring. A needed experience for anyone who wants to have more focus and tap into their inner power, consistently and intentionally.

Maria
President



David is essentially an Encyclopedia of human wellness for both the body and mind. He brings all of his knowledge and understanding to every session. David has profoundly changed my life.

Zach
Founder & President