

STRESS MITIGATION IN MINUTES

POWERED BY P S Y F I | BUILT ON THE B3 METHODOLOGY™

WHY THIS TRAINING MATTERS (AND WHY NOW)

Your team is likely operating in survival mode more than you realize:

- ▲ They're burned out but pushing harder
- ▲ They're productive—but not present
- ▲ They're good at their job—but don't feel great doing it

And they're paying for it in stress, reactivity, and mental fatigue.

This training shows them how to reclaim control in minutes, not months—and start building the foundation for **clearer thinking, more confident decision-making, and sustainable energy** without adding “one more thing” to their plate.

TRAINING OVERVIEW

- ▲ 45-60 minutes immersive experience (virtual or in-person)
- ▲ Up to 25 participants
- ▲ Investment: \$2497 (includes follow-up materials)

This is the real-world, tactical performance training you'd expect from someone who's coached **7,000+ high performers** across **Fortune 100 firms, legal teams, and athletic organizations**—with results like:



71%

Increase in
Productivity



58%

Reduction in
Stress



62%

Boost in
Sustained Focus

WHAT YOU'LL WALK AWAY WITH:



5 key performance principles to instantly reset the brain and body



Science-backed breathwork to reduce stress in under 2 minutes



Movement protocols to boost energy and mental clarity without leaving the desk



Tools to turn burnout, procrastination, and low motivation into focused, confident action — on demand

Click [here](#) for a quick teaser video of the training

WHO'S ALREADY USING THIS

This training has been delivered to the **American Bar Association**, **Saks Fifth Avenue**, **American Heart Association**, and dozens of law firms, leadership groups, and high-performing business units nationwide—with standout results.

Our most recent internal research showed a **37% increase in focus and energy**, and a **24% drop in stress**—from this session *alone*.