

# The Mystic Cool Seminar

**Gaining the Neuro-Competitive Advantage:  
The Stress Solution for Executives**  
Based on the bestselling book Mystic Cool

May 13th, 7 pm– 9 pm, 9 East 40th Street, 9th Floor. Fee \$65.

**What if in doing just one thing you could rewire your brain to deliver:**

- An immunity to stress and the ability to sustain peak performance.
- The flow of creative intelligence that turns work into the joy of excelling.
- The emotional balance to meet challenges with fearless self-confidence and unshakeable resolve.
- The social intelligence to lead, motivate and inspire others.
- The mind-body connection to sustain the energy it takes to succeed.

### The Workshop Objectives

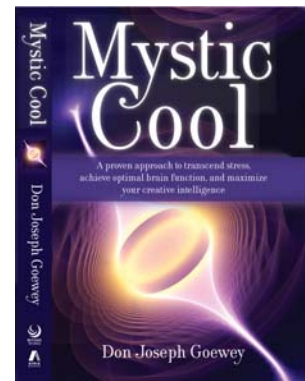
Participants will develop an understanding of the two essential factors that make or break performance. First, it is about achieving **immunity to stress**. A brain under stress is incapable of sustaining peak performance, which is the second thing this seminar is about: wiring your brain to keep **you at the top of your game**.

Participants will identify basic elements of their personal stress finger-print and learn tools to shift patterns of stress in their personal and professional life.

### The Workshop Format

The two hour express learning seminar is built on instructional design best practices which are highly interactive. The format is designed for executives and their peers (six people per workshop).

**The Outcomes:** The capacity to transcend stress, sustain higher performance, successfully adapt to changing environments, and build constructive collaboration and teamwork.



“Mystic Cool puts it all together.”

Larry Stupski,  
former president of Charles Schwab Corporation

“It is absolutely excellent.”

John Assaraf, NYT bestselling author,  
featured teacher in The Secret, and CEO of OneCoach

To reserve your space for this workshop, please email me: [jonathan@proattitude.com](mailto:jonathan@proattitude.com) or call 212-671-0564. To enroll, click here: <http://www.mysticcool.com/Shopping.htm>