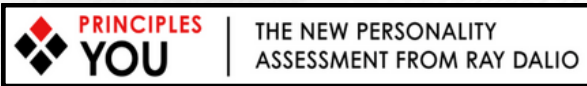


*Dr. Mike Smith*

# BREAKING YOUR MENTAL SOUND BARRIER

*The 7 High Value Targets to  
Harness Potential, Amplify  
Critical Thinking, and Earn Results*



- ✓ Define Objectives Built on Conviction
- ✓ Take Ownership & Personal Responsibility
- ✓ Make Strategic Decisions
- ✓ Control Your Emotions
- ✓ Be Resilient
- ✓ Feed Faith & Starve Fear
- ✓ Become Mentally Tough

## Why Choose Us?

This Program is designed to meet the needs of any organization and unlike many other programs, this one is tailored to the specific needs of each individual or group – there is no such thing as “one size fits all” with this program. And that = meaningful change through intentional actions!

*With a PhD in I/O Psychology, numerous certifications, and years of leadership experience at many levels, our focus is on organizational & cultural wellness for both individuals and teams.*

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