



# MENTAL AGILITY

MOVE YOUR MIND

## Mental Protection Workshop



Your family counts on you to come home after a full day of hard labor. Your boss expects you to get the job done on time and without any injuries or damage to equipment or property. Your crew depends on you to stay focused, be aware of hazards, and work to reduce problems.

Can you count on yourself to be at your most focused, and do your work to the best of your ability while protecting yourself and your crew?

That is a tough task after sixteen hour days, sleeping in hotels, slogging through whatever Mother Nature throws at you, and dealing with the crew arguments that are bound to happen.

I want to go home to my family with all ten fingers and all ten toes. I also want my crew to know they can count on me to stay engaged.

Mental Protection Workshops™ teach:

- The stress response
- Ways to extend your focus on the job
- Setting your brain into safety mode

Give your crews PPE for their minds by scheduling an in-person or virtual workshop at:

[mentallyagile.com/contact](https://mentallyagile.com/contact)