



# Mind Magic: An Introduction to Mental Fitness

FREE ZOOM SESSION

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8/23 OR 9/20, 4-5 PM

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Mental Fitness is our capacity to respond to life's challenges with a positive rather than a negative mindset. If you've experienced stress, burnout, shame, guilt, anger, overwhelm, insecurity, or other challenging emotions, you're familiar with the impact of the 'saboteurs.' We each have our own combination of sabotaging behaviors. A Mental Fitness practice helps us identify and intercept our sabotaging behaviors, strengthen our inner wisdom and build our self-command muscle.

**Lisa Olcese, MS, is a certified coach and trainer dedicated to helping people recover from burnout and find energy and joy in daily life. She is a Master Practitioner of NLP and has been a Mental Fitness coach and student of Shirzad Chamine, author of Positive Intelligence and developer of Mental Fitness, since March 2020.**