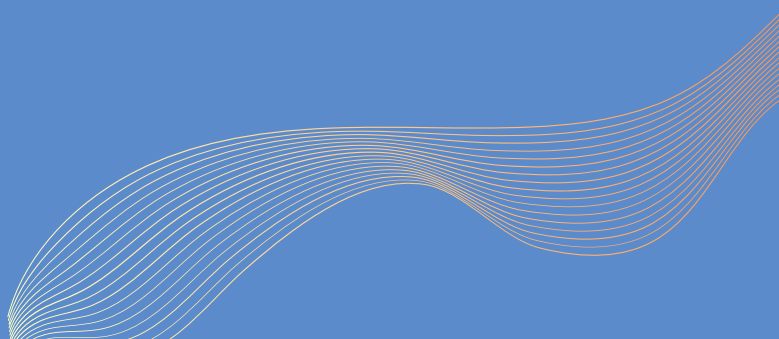




# Mental Fitness: Nurturing Positive Mindset

WORKSHOP  
*For Businesses*

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A series of thin, white, wavy lines that flow from the bottom right corner towards the center of the page, creating a sense of movement and elegance.



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# WHY

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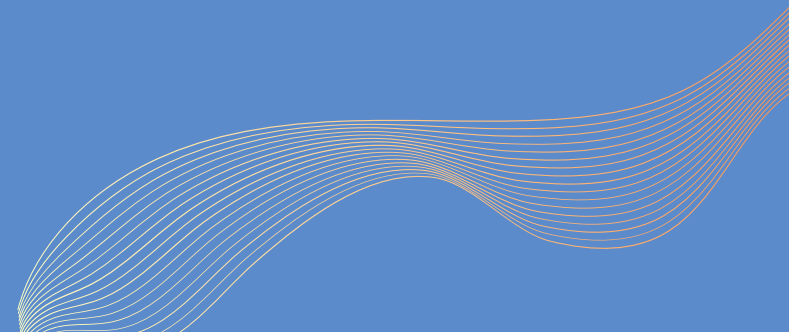
Researchers are finding more and more evidence pointing to the many benefits of optimism and positive thinking. Such findings suggest that not only are positive thinkers healthier and less stressed, they also have greater overall well-being. A number of studies show that optimists are in general both psychologically and physiologically healthier.

**Positive thinking helps with stress management and can even improve your health.**



“Positive thinking actually means approaching life’s challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.”

**- Kendra Cherry**



# MENTAL FITNESS: POSITIVE MINDSET

power of thoughts | gratitude | growth mindset | self-management | mental health

Majority of people are living by the hormone of stress. We can turn on the stress response just by thought alone. Excessive negative thinking can knock your body out of physiological balance and affect your physical and psychological wellbeing.

The aim of this workshop is to build awareness around the power of our thoughts (both positive & negative) and how they can impact the quality of our lives: our performance, relationships, aspirations and beliefs. During the workshop you will learn some of the most effective techniques for cultivating a positive mindset, you will walk away with a lot of powerful resources, practical tips and an idea on how to enhance your mental fitness looking forward.



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# BENEFITS OF POSITIVE THINKING

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress
- Greater resilience in the face of adversity, change or loss

# WHAT MY CLIENTS SAY

I had such an incredible opportunity to attend a number of Patrycja's sessions and each of them have been so professionally led and empowering. Patrycja's skill to listen, relate to others and hear what is being said as well as what is being kept silent, creates such a wonderfully safe environment for people to open up and start (or continue with) their self-discovery journey. Patrycja not only inspires but also provides practical tools to continue with self-work outside of her workshops, which I found so incredibly useful.

Patrycja, thank you so much for being such a compassionate, personable and inspiring human being. It is truly wonderful to witness someone who is so visibly passionate about and amazing at what they do.

Eglė Grigaliūnaitė, L&D Advisor at Foster + Partners  
October, 2020



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# WHAT MY CLIENTS SAY

"Patrycja is an excellent speaker and had lots of energy and positivity – really enjoyed it and learnt a lot from it, thank you!"

"Patrycja, you were wonderful. Your workshop has helped me hugely and I really appreciate your time and effort."

"The workshop was excellent, it helped me gain new insights on my capabilities and new techniques, which I can now start implementing at work".

"Patrycja was fabulous: encouraging, energetic and informative."

Foster + Partners Employees  
May – October, 2020



# Patrycja Skurzak

Confidence & Personal Development Coach | Trainer  
NLP Practitioner

Patrycja empowers people in mastering high level of confidence and self-esteem in order to unlock their true potential and maximize their growth. She works with individual clients, groups and organisations to help them produce more satisfying results, develop positive mindset, navigate change, lead more effectively and build healthier relationships.

Patrycja's approach draws on an integrated range of psychologically grounded coaching frameworks and techniques, is always challenging, direct, creative and inspiring. She partners with clients in a thought-provoking and practical way that stimulates & empowers them to maximise their potential, deepen their learning and enhance the overall quality of their lives.

Patrycja's definition of success is to help people expand their self-awareness, build clarity around their goals, evoke their courage to take action and challenge them to remain persistent in their self-development journey. You can work with Patrycja on personal fulfilment, self discovery, confidence building & self-esteem, goal clarification as well as career transition and personal branding.

# CONTACT



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