

Unleash the Olympic Champion in You & Your Organization

Mentally Fit (SE Asia)

ZEN@CentralWorld, Level 12
4, 4/5 Rajdamri Road, Pathumwan
Bangkok, 10330 Thailand

T +66 2697 9025
F +66 2697 9001
M +66 81 930 8500
E bojan.trivic@mentallyfit.asia



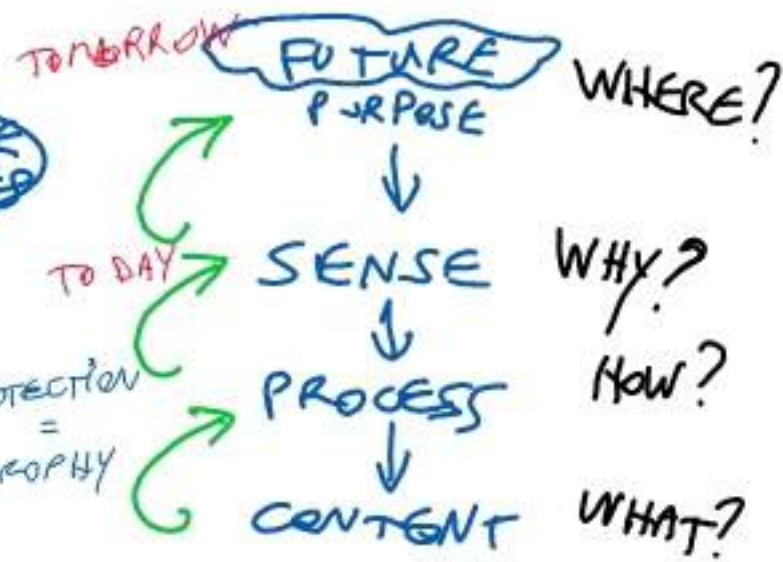
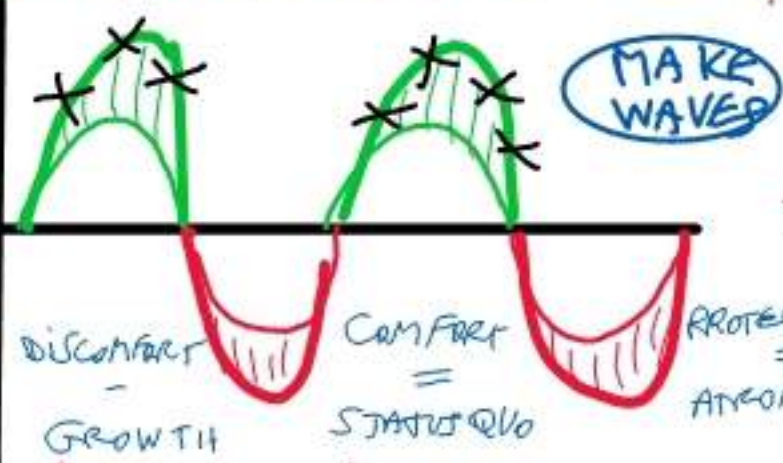
Netherlands-Thai Chamber of Commerce

Alain GOUDSMET & Marleen VELDHUIS

Conference

Bangkok, 17-June-2016

(+) DEPOSITS/RECHARGES



KILL THE OBVIOUS
 PARETO 20/80
 LESS IS MORE
 TELL VS ASK
 20% VS 80%

MONKEYS - 95%
 HUMANS - 5% **WHY**

↓
 COMMAND CHAIN
 - FUTURE
 - EMOTIONS
 - CHOICES
 DEV'LT CHAIN

(-) WITHDRAWALS/EXPENSES

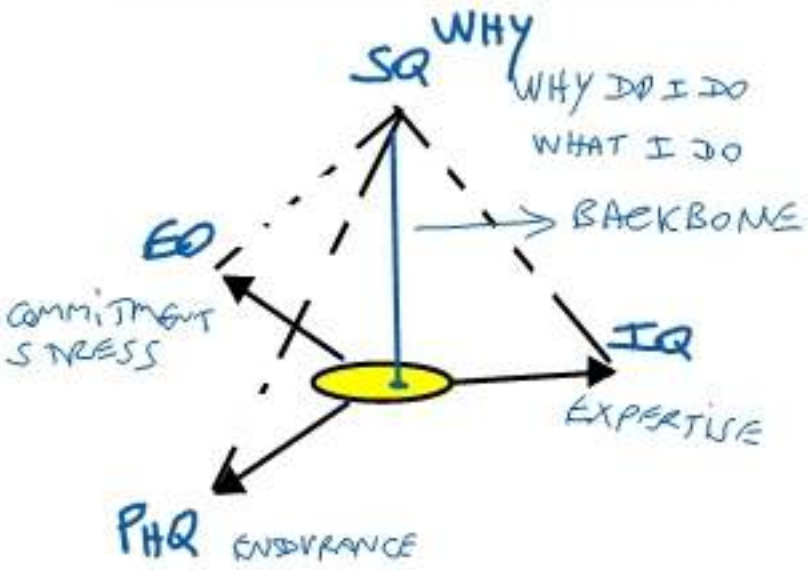
VITAL OSCILLATION

NOT SCARED TO FAIL
 ↳ POWER OF FAILURE
 ↳ BOUNCE BACK ~~HIGHER~~

**SOMETIMES YOU WIN
 SOMETIMES YOU LEARN**

**KEEP IT SIMPLE
 MAKE IT VISIBLE**

CHARISMATIC PROJECT



GIVE SENSE

GIVE PRAISE

RECOGNITION
 ↓
 FEEDBACK

PAIN KILLER

GIVE FOCUS

GIVE SUPPORT

PHYSICAL PRESENCE

FEEDBACK IS FOOD FOR CHAMPIONS





Participant Companies



Kingdom of the Netherlands



Thai Tank Terminal



A Member of CapitalLand



Energized people and energized teams guarantee higher levels of **performance**. Energy Management for Performance is the main focus of the Mentally Fit Institute **training** and **coaching** programs. Inspired by the hard **science** behind elite **sports** coaching, our coaches and trainers will constantly **challenge** and **boost** your staff to improve personal **energy** and team **efficiency**.

Over the last **20 years**, the Mentally Fit's team of coaches has developed a unique methodology to **train all types of performers** from Olympic teams to high-profile CEOs and team managers, channeling their energies into winning and becoming top-class performers and high-performing teams.

The simple and pragmatic Mentally Fit methodology is **changing** the way companies and organizations are leading their people and doing the **business**, and we have worked with over **thousand global clients**, including major international brands.





ENERGIZING INDIVIDUALS

Exploring the mechanism of human energy and the multiple sources of energy – our physical, mental, emotional and spiritual batteries – enabling you to work better on building your personal energy deposits.

By optimizing the interaction between our energy sources, we better recover our personal energy and recharge our batteries. Managing stress, we become able to transform pressure into a stimulus for growth, getting the optimal balance between exposure and recovery.



ENERGIZING TEAMS

High Performing Teams promote the ideal mix of collective power and individual commitment. Our workshops and team coaching sessions provide concrete tools to stimulate sharing, trust and team intelligence.

Building high performing teams, we detect and develop the key ingredients to improve collective intelligence and team efficiency, reducing the energy leaks and exploiting the power of the group to minimize the impact of individual weaknesses.



ENERGIZING ORGANIZATIONS

Company Culture is highly influenced by the behaviours of the leaders, heavily impacting on the behavior of the employees.

By changing the Leadership style, you change the culture of the company. Bridging individuals, teams and departments across borders stimulate a Collaborative Culture, first step to enter in the Performance Culture and later on in the Winning Culture.

Our coaches are experts in installing an effective cultural transformation stimulated by a real leadership evolution.



TOPIC



FORMAT



TARGET



Energizing
Organisations
Cultural Change

Team Coaching

Top Executives/
Excom

Energizing
Teams
Team Dynamics

Group Training

Senior/
Mid Management

Energizing
Individuals
Personal Vitality

Individual Coaching

1st line managers/
Employees



View my profile on [LinkedIn](#)

Alain Goudsmet has specialized for more than 20 years in mental coaching - accompanying teams and individuals in their quest for sustainable top performance. As an executive and sport coach, Alain has his roots both in the corporate and world of sports.

Career Highlights:

- Top Olympic Coach (tennis, hockey, and team sports)
- Expert in Energy Management (individuals, managers, athletes, teams)
- Top Executive Coach for global leaders & international Boards
- Faculty at INSEAD - Fontainebleau, France & Singapore (Asia Campus)
- Mental Coach of the Belgian National teams, with participations at the 2008 Beijing Olympics, 2012 London Olympics, and the 2014 World Cup
- Program Director of Coaching Programs, Brussels Management School (ICHEC)



Marleen Veldhuis represented the Netherlands as a swimmer in 3 Olympics. During her 10-year career as an Olympic athlete, she gained plenty of insights into vitality, and physical and mental fitness. Marleen uses her knowledge and experiences in topics like energy management, sleep, nutrition, and stress to coach business teams.

Career Highlights:

- Bronze 4x100m freestyle relay (Athens 2004)
- Gold 4x100m freestyle relay (Beijing 2008)
- Silver 4x100m freestyle relay and Bronze 50m freestyle (London 2012)
- 2 Master of Science degrees: in Engineering, and in Economics
- 52 International medals and 8 world records during her career
- Sportswoman of the Netherlands (2007)
- Knighted in the Netherlands (2008)



Mentally Fit Institute

South-East Asia



Mr. Bojan TRIVIC

Regional Client Partner – SE Asia

M: +66 (0)81 930 8500
bojan.trivic@mentallyfit.asia

 th.linkedin.com/in/bojantrivic

 [mfi_bojan](https://twitter.com/mfi_bojan)

 [mfi.bojan](https://facebook.com/mfi.bojan)