

WHO AM I?

Emotional well-being expert, stress management consultant, psychologist and senior communications professional with international cross-market profile, working with CEOs, Board Members and senior business leaders of global corporations, on reputation management and strategic communications.

The world is changing fast, but the value of fresh ideas, clear goals and the energy of the movement remains unchanged. In an era of new technologies, overwhelming information flow, constant change, tight deadlines and pressure for performance, we appreciate skills that allow us to develop our inner fitness, resilience and creativity even more.

Our mind can be our biggest challenge and obstacle, yet if we manage it skillfully, it can be our biggest ally, helping us to reach new heights of personal development and work performance. Mental fitness is just as important as physical fitness, and shouldn't be neglected. Stress and anxiety have the potential to affect the physical structures of the brain. Information overload overwhelms the brain, it affects our mental health and decision-making ability. Maintaining youthful cognitive function becomes a crucial challenge in the new complex BANI-world. The good news is that mental agility and creativity can be trained. It is a critical building block for success as we move into this next chapter of business and life.

SANDRA DIMITROVICH

- * Life As Art. Neuro Art & Neuro Design, Founder
- * Expertise areas: Energy Management, Stress Management, Mind Management
- * Neuro Facilitator and Cross-Cultural Communications Expert
- * Certified Aesthetic Coach, NeuroGraphic© Trainer,
- * Psychologist, Psychology of Creativity Institute, Zurich



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I help brilliant minds shine

Neuro Fitness for Business: Reset your body and mind

Do you experience difficulty concentrating or remembering? Lack of focus and loss of motivation? Physical and mental tiredness?

Mental fitness is just as important as physical fitness, and shouldn't be neglected. Information overload and lasting stress can adversely affect not only personal wellbeing but also decision-making, innovation, and productivity. Maintaining youthful cognitive function becomes a crucial challenge.

We offer you an effective solution and truly immersive experience with the new science-based **NEURO FITNESS program** aimed to enhance your wellbeing, improve mental clarity, regain your resources and emotional balance.

The benefits of this mental health & wellness program are boundless, and include stronger problem-solving and decision-making skills.

NEURO FITNESS program combines benefits of creative graphic drawing, neurophysiology, and brain development in this unique enjoyable practice to improve your health and wellbeing.

BENEFITS FOR PARTICIPANTS

- ◇ Enhancing cognitive function, keeping your memory sharp and improving mental clarity
- ◇ Improving focus and concentration
- ◇ Developing stronger problem-solving and creative thinking skills
- ◇ Discovering powers of subconscious mind to bring better insights and innovative ideas to fast-track your success
- ◇ Asking powerful questions, and finding new ways of approaching your issues
- ◇ Visualizing your business /project/ success
- ◇ Creating inspiring vision board
- ◇ Discovering how your reference frame determines your happiness
- ◇ Overcoming limiting beliefs stopping you from moving forward and growing on a personal and professional level
- ◇ Developing positive, happy and enthusiastic mindset
- ◇ Enhancing emotional wellness

CLARITY, CREATIVITY, AGILITY

KEY APPROACHES

- ◇ NeuroGraphic® drawing
- ◇ Cognitive-behavioral approach
- ◇ Breathing exercises + articulatory & kinesiological exercises for mental fitness

One workshop or master class takes 2,5 – 3 hours (average length).

NEURO FITNESS programs can be combined with corporate team-building and creative / brainstorming sessions.



MONEY RAIN: Shifting your focus onto success

Neuroart workshop to hit reset and clear your subconscious of outdated, limiting beliefs, discover how to unlock ultimate confidence, and shift your focus onto success.

This method provides need-driven thought leadership to your project, helps individuals and teams create radical new opportunities for growth, development and diversity.

During the workshop you will create inspiring vision board for common goal setting – tactical, strategic and visionary.

TREE OF LIFE: Clarity is power

Innovation and global competition have become the source of relentless pressure. Corporate efforts to improve everyday productivity and boost profits often are producing diminishing returns. According to a Fortune 500 study, as much as 80% of working time is lost to tiresome meetings, unclear expectations, difficult decisions, and other wasteful delays. Overcoming the lack of clarity behind this waste – on both an individual and organizational basis – could reap huge rewards. This method can be used to improve effectiveness, navigate critical business decisions, innovate or to better understand your consumers.

OPPORTUNITY MAGNET: Create the life you love

The workshop aims to enable you in distinguishing your goals and assist you in realizing and creating an intention-based plan by utilising the Law Of Attraction. It will empower you to have more confidence in yourself and your capabilities. Rediscover your strength and make a plan for your future as a powerful person.

Are you willing to unleash your inner potential?

This master class is a tool to help you visualize, prioritize, inspire and motivate your goals and turn them into actions.

As the saying goes "It's our decisions, not our conditions, that ultimately shape the quality of our lives."