



**VISE**  
MENTAL FITNESS

# **Mental Fitness**

12 WEEK PROGRAMME



WELCOME PACK



*If you could change your life with a 2-min practice, 3 times a day, would you do it?*

# Welcome!

If you are reading this, it means you have taken an important first step towards sustainable mental fitness.

Together, we will increase your energy and enthusiasm for life, manage stress and strengthen relationships. This will improve your performance and well-being in work and beyond.

Drawing on my 15+ years psychology experience & training in Mindfulness, Imagery & Mental Fitness, this programme promises lasting impact.

## **What is the process?**

This is a 12 week relationship that will dramatically transform your life for the better over both the long & short term. To do this takes commitment, patience & compassion - from both of us.

The programme is outlined on the next pages. Throughout, I will be on hand via Whatsapp/email to check-in with progress & offer encouragement and support as needed.

Included in this pack is a reflection sheet aimed at helping you to understand your current mental fitness levels and potential areas for us to focus on. If you have any questions, please do not hesitate to ask - we are in this together from the start!



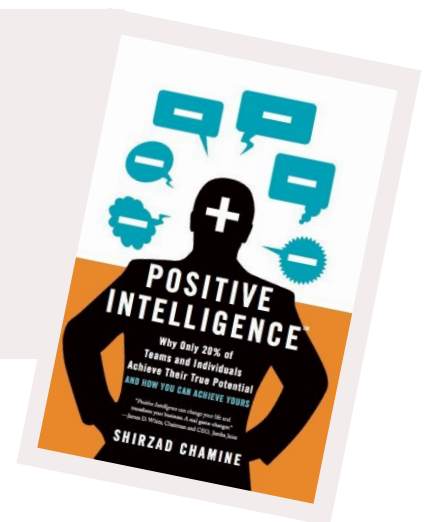
## Weeks 1-3: Mental Fitness Foundation

Over 3 individual sessions (60mins) we will build a foundation of mental strength through exercises and practices that allow you to increase your self-awareness, manage your time & energy, open up your thinking and challenge any existing inner conflict. It's a process that untangles & calms allowing you to regain focus & control of your mind & body.



## Weeks 4-9: Positive Intelligence Digital Programme

I have partnered with Positive Intelligence® - the world-leader in mental fitness training. Their signature app-based programme sells for \$995 per person if purchased direct through their website - we are able to include it in the cost of this VISE Mental Fitness 12-week programme.



Over 6 weeks you will strengthen 3 core mental muscles & will significantly increase neural density within the region of your brain associated with positive thinking.

### Muscle #1

Intercept  
Negative  
Thoughts

### Muscle #2

Control  
Attention &  
Focus

### Muscle #3

Activate  
Positive  
Thoughts

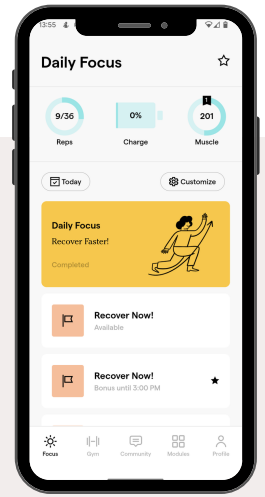




## How it Works

Download the Positive Intelligence app where you will find:

- Weekly 60min video to introduce a practice for the week
- Daily mental fitness exercises (5-15mins a day)
- Community support
- Visual feedback on your mental muscle growth
- Option to join weekly group check-in session
- Audio book version of the New York Times best-seller Positive Intelligence by Coach Shirzad Charmaie



Further details can be found at: [www.positiveintelligence.com](http://www.positiveintelligence.com)

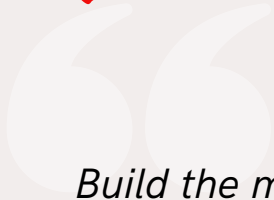
### **Weeks 10-12 Applied Mental Fitness**

Your final 3 individual sessions (60mins) are dedicated to ensuring that your mental fitness routine is sustainable and applying your new stronger mental muscles to drive forward a positive change in your world. This could be in any of the following areas:

- Stress management
- Productivity & performance
- Life decisions
- Leadership
- Parenting
- Health & dieting
- 'Difficult people'
- Work/life balance
- Spouse/partner relationship
- Self-actualisation







*Build the mental strength  
you need, to steer the  
change you want*



### **Costs & Registration**

The full cost of this programme is £495.

There is nothing to pay until Week 3 enabling you to experience two complete sessions prior to committing. To register please visit [www.visementalfitness.com](http://www.visementalfitness.com) and follow the 'Book Consultation' process.

### **Meet your Coach**

Jacqueline is a Certified Imagery Coach and Practitioner of Positive Intelligence.

She holds a Masters in Occupational Psychology and is currently on the Accelerated route to becoming a Chartered Coaching Psychologist. With 15+ years experience in leadership and performance coaching, Jacqueline brings a real sense of passion and purpose that reflects in the energy of the sessions and the attention to detail in the individual follow-up.



It is important to me that everyone feels valued, inspired and supported as they step out of their comfort zone and explore what's truly possible in their career.





**V I S E**  
MENTAL FITNESS

UNDERSTANDING YOUR  
CURRENT MENTAL FITNESS

Rate each of these abilities on a scale of 0-10  
0 = 'no satisfaction' & 10 = 'full satisfaction'



**ENDURANCE** = Your resilience to keep going through adversity

**STRENGTH** = Your confidence to deliver and/or step out of your comfort zone

**AGILITY** = Your ability to respond quickly to stress & setbacks

**CARDIO-VASCULAR** = Your ability to connect mind to body and control breathing/HR

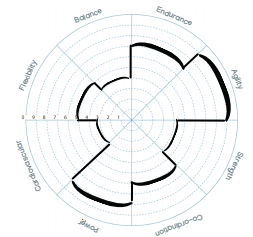
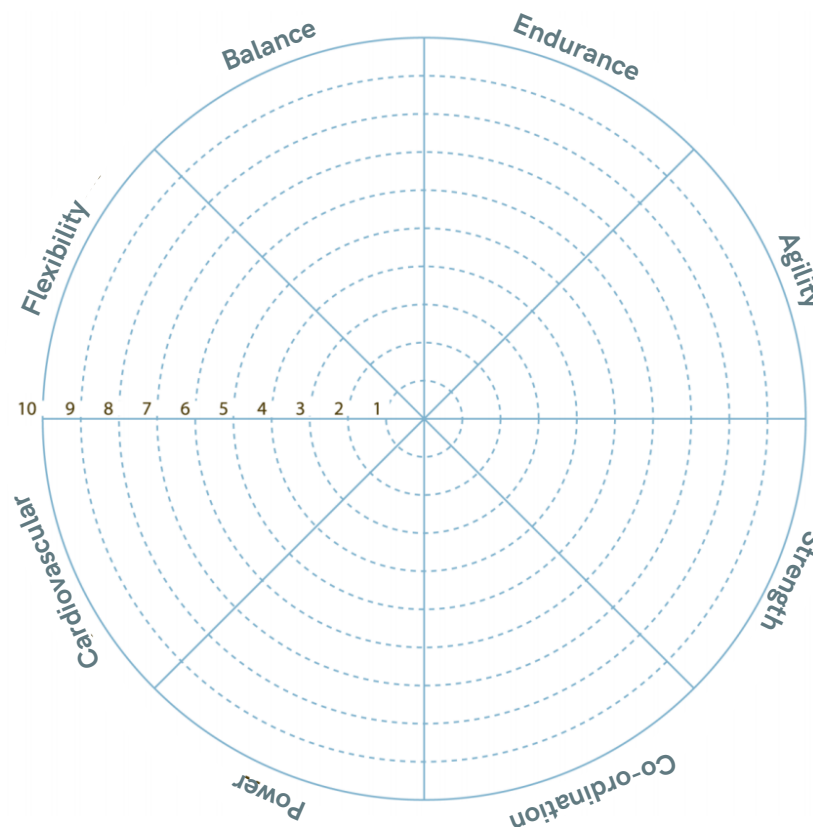
**BALANCE** = Your ability to manage competing demands on time & resources

**CO-ORDINATION** = Your ability to organise resources efficiently (time, finance, people etc)

**FLEXIBILITY** = Your openness to consider multiple perspectives to solve problems

**POWER** = Your ability to ability to communicate, influence & positively impact others

Plot your scores to create a visual representation of your mental fitness, like this:



If this was a real wheel, how bumpy would the ride be?



# Client Agreement

## INDIVIDUAL CLIENT CONTRACT

This contract serves to outline the services and terms agreed between Jacqueline Weeks and \_\_\_\_\_ for work relating to Mental Fitness Coaching & Training.

Facilitator/Coach  
Jacqueline Weeks  
6 Newby Garth  
Alwoodley, Leeds  
LS17 8SY

Client/Main contacts

info@visementalfitness.com  
07515 008972

## PACKAGE: 12 week Ultimate Mental Fitness

- |                                   |  |
|-----------------------------------|--|
| Part 1: Mental Fitness Foundation | 3 x individual session delivered in person or via digitally via Microsoft Teams. Session length 60mins.                            |
| Part 2: Positive Intelligence     | Access to the flagship PQ programme delivered over 6 weeks via the Positive Intelligence app. 6 x group check-in sessions (60mins) |
| Part 3: Applied Mental Fitness    | 3 x individual session delivered in person or via digitally via Microsoft Teams. Session length 60mins.                            |

### SIGNED

Coach/facilitator Name:

Signature:

Date:

Client Name:

Signature:

Date:

Professional Indemnity  
Insurance Provided by:

Hiscox

Policy Number:

PSC10002904302/00

Valid until:

31/10/2023

Disclosure Number:

001816216392

Issue Date:

28/01/2023





# Terms & Conditions

## 1) Coach/facilitator - Client relationship

- Coach agrees to maintain the ethics and standards of behaviour established by the International Coach Federation (ICF) and British Psychological Society (BPS).
- Coachees are solely responsible for creating and implementing their own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the training/coaching relationship and interactions with the Coach.
- As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
- Coach will provide reflection exercises prior to each session some of which will be 'recommended' and others will be 'required'. The coachee agrees to do the required work prior to sessions or agree to use coaching time to complete.

## 2. Schedule and Fees

- The fee is £495 for 12 weeks of coach-client work as detailed below. This agreement is activated once full payment have been received.
- Included in this coaching package is: 6 x individual fitness coaching sessions lasting 60mins delivered in person or digitally as discussed; access to the Positive Intelligence PQ programme; invitation to attend 6 x weekly group sessions and additional topic focus groups; between-session check-ins via Whatsapp. Personalised reflection sheets will be curated as required.
- The refund policy in effect for the term of this Agreement is as follows: Cancellation prior to commencement of PQ programme results in a fee of £75 to cover costs of PQ enrollment. Cancellations after commencement of the programme are non-refundable.
- Payment guarantee - if the coachee completes all sessions as outlined and engages in activities as intended and yet the coaching outcome is not achieved, then additional sessions will be offered at no additional cost to the client.

## 3. Confidentiality

- All information (documented or verbal) shared by the client is bound by the principles of confidentiality set forth in the ICF Code of Ethics.
- Please be aware that this is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognised privilege. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent.
- Confidential Information does not include information that: (a) was in the Coach's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Coach from a third party, without breach of any obligation to the Client; (d) is independently developed by the Coach without use of or reference to the Client's confidential information; or (e) the Coach is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to the Coach and as a result of such disclosure the Coach reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others; and (g) involves illegal activity.
- The Client also acknowledges his or her continuing obligation to raise any confidentiality questions or concerns with the Coach in a timely manner.

# Invoice

Vise Mental Fitness Ltd  
Jacqueline Weeks  
6 Newby Garth,  
Leeds, LS17 8SY  
07515 008972

## 12 WEEK ULTIMATE MENTAL FITNESS

Invoice Number:

Date:

DESCRIPTION	TOTAL	STATUS
Package	£495	Due
<ul style="list-style-type: none"><li>• 6 x Individual Mental fitness sessions</li><li>• Positive Intelligence programme</li><li>• 6 x Group check-in</li></ul>		

**AMOUNT DUE NOW**      £495

### PAYMENT INFORMATION

Name: Vise Mental Fitness Ltd  
Account Number: 20-18-15 90175471