

# #1 PROGRAM



## ANT RANTS: STOMP RANTING & START LIVING

Thoughts Matter!

To get ahead of the Mental Health Crisis. We can all do our part.

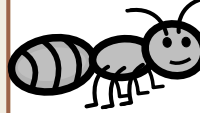
Support your team with a personal development training focusing on mental fitness.



I have no future.

No one likes me.

I am not good enough.



I am a failure.

They are better than me.

I am not worthy

Bad things always happen to me!

I am stupid

Program Benefits:

Better Decision Making

Clear Thoughts, More Productive

Communication Skills Perfected

Positive Mindset

Social & Emotional Skills

Build Confidence & Certainty

Less Stress, Thriving in life,

...and so much more!



Mental Fitness Bootcamp

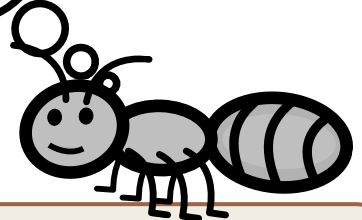
Providing resources and tools for individuals to proactively take active action for their mental well-being.

(2) 4 hour sessions or (1) 4 hour session

Minimum 10 participants

\$197 per person

50% off for Non-profits & Military



## AUTOMATIC NEGATIVE THOUGHTS

