



Mental Fitness

How to grow your three core mental muscles
to **thrive in challenging times**



Hello!

I'm Chris Diller,

a trained and credentialed Leadership Coach and Mental Fitness practitioner.

I work with emerging and established leaders to unleash their awesome and help them better understand their work, each other, and themselves.





Mental Fitness, a.k.a. "PQ"

Definition

Your capacity to respond to life's challenges with positive rather than negative mindset

Impact

- ▶ Peak performance
- ▶ Peace of mind / wellness
- ▶ Healthy relationships



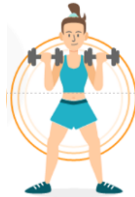


The PQ process is **easy**



First: figure out your unique Saboteurs

Except the Judge. Everyone has The Judge!



Second: build your mental muscles with PQ Reps

Take a full week to master the basics. Everything you learn will build from here!



Third: discover strategies to direct your focus towards productive outcomes

Plus meet your five Sage Superpowers!



Fourth: learn to Surf.

Seriously.

And then practice.
Train.
Grow strong.
Know yourself.
Challenge yourself.
Be Awesome!



Why PQ?

Why now?

PQ solves for
root cause

Your focus is
on building
new muscle

Create lasting
change. Learn
to thrive!

Peer support and accountability show a
5x increase in your long-term success.

Jump in with your team to learn and grow together!



Thanks!

Any questions?

Send a message: chris@dillercoaching.com

Let's talk!: www.dillercoaching.com/schedule