



ATHLETIC
SOCRATES.COM

FULL-IMMERSION-DAY

MIND YOUR POWER

*A full-immersion day on the power of your thoughts.
Train your willpower, revolutionize your habits, put your
mind in action and learn strategies for unexpected success.*

Friday, 22 February 2019



“Mind Your Power” (MYP)
1x Full-Immersion-Day
with the following topics:

- *focus and concentration*
- *the psychology of peak-performance*
- *mindset and charisma*
- *personal energy and stress management*
- *strategies for applied mental strength*
- *mind in action*
- *willpower and the revolution of habits*
- *visualization and the power of state*



*MYP will be held at Volkshaus:
Stauffacherstrasse 60, 8004 Zurich
(Grüner Saal)*



*Mind Your Power
(Full-Immersion-Day)
Friday, 22 February 2019*



*MYP will start at 9:00 h
and will end around 17:30 h.*



Investment
CHF 450



*Course material, hand-outs, as well as
water and light snacks will be provided
(lunch is excluded).*



*The language will be
English*

*There is no dress-code. Just make sure to
be comfortable and wear clothes that allow
you to participate in active exercises.*

RE A D Y ?

Diego De Nicola is a philosopher, entrepreneur, public-speaker and coach. He speaks seven languages and studied at Stanford and Arizona State University, where he graduated with Honors and Magna Cum Laude in Economics and Philosophy. He is also an endurance athlete (multiple Ironman Finisher and Marathon runner) and a certified Dale Carnegie® Senior Trainer.

After his studies, he devoted several years to research on human psychology, peak performance, mental training and the human mind (including numerous self-experiments)... ► more on Diego: www.athleticsocrates.com/diego

S I G N - U P " M Y P "

MIND YOUR POWER (CHF 450): 22 February 2019

First & Last Name

Address

ZIP & City

E-Mail

Cell

Date & Signature



*Please fill-out this form and send it to hello@athleticsocrates.com.
Registration is binding. Payment: 10 days net.*

A C T I O N !

“ad finem et ultra”



DIEGO DE NICOLA

AthleticSocrates GmbH

Coaching, Training & Consulting

Sihlstrasse 38

CH-8001 Zürich

hello@athleticsocrates.com

www.athleticsocrates.com

+41 44 380 40 80



facebook.com/athleticsocrates



instagram.com/athleticsocrates