

BRAIN - BIKE - BUSINESS
CHAMPION(SHIP)
IN BUSINESS

Leadership -Workshop

**WOMEN
SPECIAL**

With Hanka Kupfernagel
- Cycling World Champion -

Business meets Champions

- Activate your full brain power
- Create sustainable change
- Strengthen and sustain resources
- Develop 'neuro tools' for your goals

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DAY 1



**WOMEN
SPECIAL**

MIND BASICS CONCEPT

The successful brain.

[Brain Basics | How you use your brain and how the
brain is using you.]

Championship

How to become a world champion?

And how does it relate to me and my business?

[Stories | Interview]

BRAIN - BODY - BALANCE

The way to permanent brain power.

[Nutrition | Exercise | Regeneration]

Use the latest findings of neuroscience - combined with the know-how
and wealth of experience of multiple world champion Hanka
Kupfernagel - for your goals and your success in business.

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DAY 2

**WOMEN
SPECIAL**

To be a champion

Driving Practice

[Visualization | Determination | Bodywork]

BRAIN - BODY - BALANCE

Food-Practice

[Brainfood | Energy | Brain-Power-Break]

MIND BASICS PRO

[Neuro-Tools | Focussing | Priming | Alter Ego]

Information and booking /registration:

MIND BASICS | www.mind-basics.de | +49 (0)7668 996935

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