

RADICAL INCLUSION

MENTAL CHAMPION



www.radicalinclusion.ch



RADICAL INCLUSION

Action for inclusion.
Workshops for a more
diverse future.

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RadicalInclusion offers diversity workshops for organizations that lead to improved team performance.

True diversity and inclusion is only realised when everyone participates.

RadicalInclusion's workshops start right here, with the individuals.

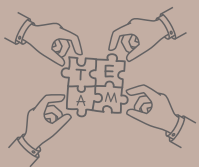
This is how cultural change succeeds.



improved mutual understanding



innovative methods



optimized team performance



understanding of DEI&B topics



higher employee satisfaction



sustainable results

MENTAL CHAMPION

Your mental state determines your performance.

5-20
PARTICIPANTS

2 WORKSHOP-
FACILITATORS

The Mental Champion workshop demonstrates how to manage stress correctly and methods for top performance.

DAY
WORKSHOP

ON SITE
OR
ONLINE



Briefing

- Target agreement
- Scheduling



Workshop

- Gender Game



Follow-up

- 4 weeks later
- Execution

WORKSHOP OBJECTIVES

- Increase concentration & achieve flow state
- Increase efficiency
- Dealing positively with stress
- Prevention of burnout
- Greater resilience
- Improving mental strength & health

THIS WORKSHOP IS FOR

- Organisations that want to actively promote the health of their employees.
- Organisations that want to support their workforce in challenging times.
- Teams that want to achieve peak performance.

07



Mental Champion Walk

45 min mental refreshment.

Explore your surroundings with all senses and find new perspectives at the Mental Champion Walk.

Filled with exercises, stimuli and joint reflection to strengthen your mental health.

Every 2. Wednesday in Zurich or for your team upon request.

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MORE WORKSHOPS AT:
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CURIOUS TO FIND OUT MORE?
hello@radicalinclusion.ch

