

Elevate Your Success with Francis Papineau's Exclusive Workshops at the Sebastian Chamber of Commerce!



Are you ready to transform your mindset and boost your performance? The Sebastian Chamber of Commerce is thrilled to partner with Vault Mindset, LLC to bring you an inspiring series of workshops led by renowned Mindset Performance Coach and International Speaker, Francis Papineau. These three live sessions, collectively titled “**SUCCESS IS A MINDSET: Triple Crown Training**”, are designed to empower both Chamber members and the broader business community. Mark your calendars and take advantage of this unique opportunity to learn from a leader in mindset training!

1st Workshop: Are You Your Best Friend or Worst Enemy?

Date: Friday November 15th, 2024

Time: 8:00 AM - 9:00 AM

What You'll Learn:

- **Impact of Thoughts:** Discover how your thoughts influence your strength, energy, and performance.
- **Self-Communication:** Understand why the way you talk to yourself is crucial for success.
- **In the Zone vs. Choking:** Learn to identify and shift from choking under pressure to being in the zone.

2nd Workshop: Strategies to Perform Well Under Pressure

Date: Friday January 17th, 2025

Time: 8:00 AM - 9:00 AM

What You'll Learn:

- **Clarity and Focus:** Techniques to achieve clarity and maintain focus in high-pressure situations.
- **Matching Mental Energy:** Find out how to align your mental energy with the difficulty of tasks.
- **Switching Tension to Power:** Master strategies to convert stress into productive power.

3rd Workshop: 5 Steps to Improve Energy & Productivity

Date: Friday February 21st, 2025

Time: 8:00 AM - 9:00 AM

What You'll Learn:

- **Action Plan:** Create a detailed action plan to enhance your energy and productivity.
- **Prioritization and Rewards:** Learn how to prioritize tasks and reward yourself to stay committed.
- **Attracting What You Want:** Discover effective strategies to attract and achieve your goals.

Location: All workshops will be held at the Sebastian Chamber of Commerce.

Pricing:

- **Individual Workshops:** \$170 per person (Chamber Members) / \$190 per person (Non-Chamber Members)
- **Register for All Three Workshops: SAVE \$75,** \$435 (Chamber Members) / \$510 (Non-Chamber Members) -
- **Early Bird Special:** Register for all three workshops by October 18th, 2024, and receive an extra \$50 off!
 - **Total for Chamber Members:** \$385
 - **Total for Non-Chamber Members:** \$445
 - **SAVE \$125!**

Don't miss out on this exceptional opportunity to unlock your full potential with Francis Papineau's proven techniques. We look forward to seeing you at these transformative workshops!

Please click below to register.