



THE VISION

How can you attain the personal and professional growth you aspire to in the ways and places that matter most? Through this year-long, intensive journey, we will take a deep dive into how you think, feel, and behave through engaging small group experiences. All content will be informed by our experiences working with high-performing individuals and teams across various industries and relevant research and best practices in the fields of human performance, clinical psychology, organizational psychology, and behavioral science.



THE GAME PLAN



**(12) MONTHLY
HALF-DAY SESSIONS
AT MILL PINE**



**CURATED RESOURCES
AND MATERIALS**



**INTERACTION WITH A
DIVERSE GROUP OF
TEN PROFESSIONALS**

THE TOPICS

- Warm-up/Intro
- Mindset
- Vision and Values
- Success
- Goal Setting
- Emotional Intelligence
- Winning Habits
- Mental Toughness
- Roles and Relationships
- Self-Talk and Stress Tolerance
- Gratitude and Mindfulness
- Wrap-up/Review



MILL PINE

Nestled in the heart of South Carolina's pristine wilderness, Mill Pine provides a serene and professional environment for corporate gatherings, business events, and group retreats.

Learn more at millpine.com.

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