



Mother Jai's Wellness
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PERFORMANCE IMPROVEMENT

Improving physical and mental performance, capabilities, and the connections between mind and body can improve your ability to be successful and accomplish your goals.

Mind	Body
Preferences Mental Conditioning Personal Effectiveness Thinking & Learning Meditation & Relaxation Mind-Body Connection	Health Nutrition Fitness & Flexibility Strengthening Relaxation Mind-Body Connection

Performance Improvement: a process involving a series of steps. Each step is a part of obtaining/accomplishing an overall goal. Using tools, techniques, skills, and assessments to determine goals, analyze your performance, modify steps, and implement plans.

Personal Development: a process of developing your skills and competencies through self-discovery, self-development, self-mastery, and self-actualization.

Mental Conditioning: a process of training your mind to modify your thoughts, attitudes, assumptions, and beliefs to accept different thinking patterns, habits or tendencies, and/or mental states in order to optimize positive thinking and overall performance.

Skill Enhancement: continuously improving skills, abilities, and competencies to enhance your performance. Developing an outline for creating your personalized plan to determine the best course of action to obtain and perfect your skills.

Health & Nutrition: improving your self depends upon your mental and physical health. Putting good nutrition into your body positively impacts all other aspects of your health.

Physical Development: improving the body through exercise – strength, stamina, endurance, flexibility, coordination, agility, and balance. Increases physical attributes and abilities which increases your self-confidence in your physical capabilities.