



App based training



- *Bite sized videos and exercises focused on changing unhelpful mental habits*
- *Access to a live coach for accountability and troubleshooting*

One-time workshops

1-2 hours in length and can cover

- Mindfulness
- Stress management
- How to form habits
- Focus / productivity



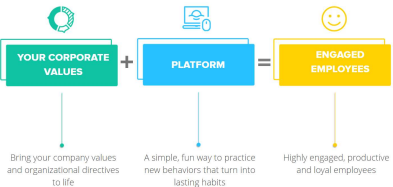
Long term training



- *Customized training focused on changing behaviors for the masses*
- *Typically includes in person sessions, live video, 1:1 coaching, & text messaging*

Culture reinforcement

3-12 month program using a gamified culture shaping process on a fully customized platform



Contact Andrew@DynamicLC.com for more information