



## Improve your mindset with coaching.

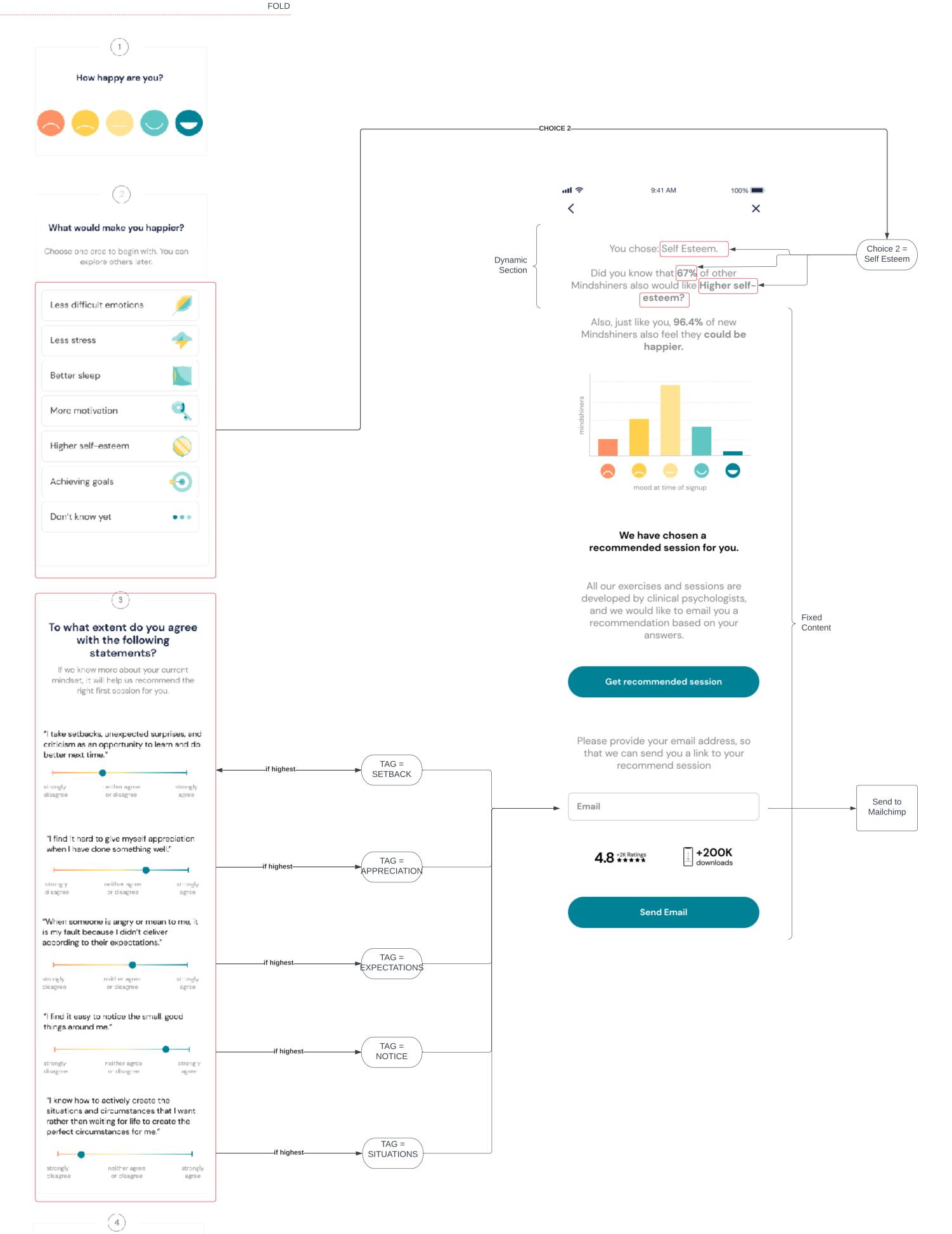
We believe happiness is a practice, and that the mind can be trained like any other muscle.

Answer this short questionnaire to receive a free recommended coaching session, based

on your current mindset.

Let's go

FOI



What are your preferred pronouns?

There are still some common challenges that are gender specific.

She / her

He / him

They / them