

# FEELING STRETCHED, STRESSED, OR SIMPLY STUCK IN SURVIVAL MODE?



Fitness Passport is thrilled to present an exclusive wellbeing webinar featuring special guest, *Mindset and High-Performance Expert, **Melo Calarco***.



Melo is a renowned TEDx speaker and award-winning author whose approach is grounded in neuroscience, mindfulness, human behaviour, and leadership training. His expertise extends from self-awareness to achieving clarity, focus and ultimately performing at your best, without burning out.

## WHY JOIN? HERE'S WHAT YOU'LL TAKE AWAY:

- **Why mindfulness is the secret weapon** of high performers and how it can help you manage everyday stress
- **How to build emotional resilience** in the face of daily pressure
- **Ways to boost focus, energy, and clarity** without burning out
- **Tools to stay calm, present and productive** - on and off the clock

Whether you're looking to improve your performance, protect your mental health, or simply show up better for your team, your family or yourself, this session is for you.



**SPOTS ARE STRICTLY LIMITED  
SO SECURE YOUR PLACE NOW!**

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REGISTER**

