



**DRAGONELLO**  
and **Stasia Lewicka**  
present:

# **MUM'S MIND FITNESS WEDNESDAYS**

## **What is it about?**

**Mum's Mind Fitness** is a programme to help all parents on maternity leave **keep their mind sharp and skills ready to get back to work.** We focus on **soft skills needed in business, but essential also in parental life!**

## **What are the topics?**

- 1) No more "just mum" - building your own image- 27.09
- 2) My new friend, change- how to make changes work for you- 11.10
- 3) Not my problem!- problem solving techniques for real life- 8.11
- 4) A perfect fairytale- about perfection that does not exist- 22.11
- 5) Fail fast- grow faster- why is failure your best friend on the way to confidence- 6.12

## **What's in it for me?**

- **Keep your skills up to date** while on maternity leave
- **Private and cozy atmosphere**
- Unique combination of **training and coaching** to fit your needs
- **Time and place for your questions**

**For more info and registration visit:**  
<https://www.facebook.com/DragonelloWien/>  
<https://www.facebook.com/StasiaLewickaTrainer/>

MUM'S MIND FITNESS, SEPTEMBER- DECEMBER 2017  
JOIN THE CHALLENGE!