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Success mindset: Optimize your team's performance and your patient's outcomes

Our beliefs and habits that have developed over time affect our life in all areas. By shifting our mindset to a Success Mindset we can optimize our performance and transform our personal life, business, health and wellbeing. We often underestimate the power of our paradigm. It affects how we think, act and ultimately affects our results. Our mindset and self-image are part of our paradigm and the results we are achieving are a direct reflection of the image we hold of ourselves. These invisible barriers limit our success but it is possible to change our programming from the inside out and enhance it from the outside in. The growth we are capable of is amazing! This transformation changes how we work as individuals and teams. Mindset affects not only success; it affects our health and wellbeing and is the catalyst for recovery from illness or injury. Top athletes use mental and physical training to improve performance and the combination of both optimizes the effects. We can transfer this knowledge and the practices to improve physical performance of patients after injury, illness, surgery and to help those with chronic pain and fatigue. These are mighty concepts and when you understand how to flex your mental muscles you will see enhancements to your health, wellbeing, happiness and success.

Biography

Ulrike Berzau is a certified Thinking into Results Consultant with an impressive track record as Coach, Mentor and Healthcare Executive in the United States, Egypt and Germany. She leads and coaches individuals and organizations to shift their paradigm and achieve exceptional results. She is the co-author of the international bestseller *Imagine a Healthy You* and uses her coaching, leadership, healthcare and multicultural skills and experiences to be of service to those who aspire excellence and extraordinary results. She holds a Master's Degree in Management, a Master's Degree in Health Science, Physical Therapy and is a Fellow of the American College of Healthcare Executives.

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