

# THE INNER GAME

## Mental Performance & Nutrition for a New Era of Work

A workshop experience for sharper focus, sustainable energy & real-time reset.

### WHY IT MATTERS

In today's fast-paced world, mental clarity and energy are key assets. This interactive 90-minute workshop blends functional nutrition and mental performance coaching to help employees:

- ✓ Stay focused
- ✓ Recharge faster
- ✓ Manage stress more consciously

Perfect for modern workplaces that value resilience, well-being & sustainable performance.

### KEY TAKEAWAYS

#### One practical performance hack

Walk away with a simple habit you can apply immediately to boost focus or energy.

#### Energy & recovery tools

Learn strategies to stabilize energy and avoid burnout using nutrition and mindset.

#### Personal insight

Recognize your stress triggers and energy patterns to better manage daily demands.

#### Live reset experience

Feel the shift from busy mind to clear presence, guided and repeatable.

### WORKSHOP STRUCTURE

#### Welcome & Activation (10–15 min)

Guided breath and presence exercise to shift out of "auto-pilot" and into the body creating mental space

#### Fuel Your Focus (20 min)

Functional nutrition strategies to stabilize energy, reduce stress, and support brain performance

#### Clarity Over Chaos (20 min)

Performance curve, busy brain vs. clear mind, nervous system basics. Live mental reset to shift from thinking into presence

#### Energy & Recovery Audit (20 min)

Self-reflection, peer exchange & micro-habit building. Discover your energy drivers and hidden recovery blockers.

#### Q&A & Networking Apéro (15–20 min)

Informal conversation, try functional snacks, connect with Flow & Kimiana team, explore follow-up options

### AVAILABLE SESSIONS

July 03 | 12 - 1.30 PM | 5 - 6.30 PM  
July 10 | 5 - 6.30 PM | 7 - 8.30 PM  
July 17 | 5 - 6.30 PM | 7 - 8.30 PM  
July 24 | 5 - 6.30 PM | 7 - 8.30 PM

### JOIN US AT THE INNER GAME

Limited to 20 spots per session. Email us at [info@kimiana.co](mailto:info@kimiana.co) to reserve your session.

### ABOUT THE HOSTS

Flow Hummus is a functional food startup focused on brain-friendly meals, delivered fresh and conveniently to modern office environments.

Kimiana is a boutique consultancy empowering professionals and teams through performance coaching.

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