



DEVELOP AN EXECUTIVE WINNING MINDSET

BECOME THE **CEO** OF YOUR LIFE

- C**onquer your stress
- E**nergise you
- O**ptimise all areas of your life

"Ann incorporates the winning concepts she developed coaching the world's top athletes to her executive program. She screened my strengths and weaknesses in every area and focused on bringing me to my Peak Performance level. It's brilliant and effective, because she covers ALL areas. Her own standards are at a peak level and besides, Ann is truly a caring and warm professional. I highly recommend working with Ann."

Andre Voskuil, CEO at NTI Nanotechnology Corp, British Columbia, Canada

"Her contribution to our Team has been outstanding. As a CEO, it is important that each member of my team is able to maximise their performance through balance and harmony within themselves and their team. Ann's individualised coaching of each member of my Executive Team really helped them understand more about themselves, how they react and cope with stress, ultimately motivating them to make key changes in managing their work and lifestyles and influencing performance."

Justin Stead, CEO, Radley, London, UK, Former CEO, Aurum Holdings

Your greatest strength comes from within.



Learn how to:

- ★ Know where you want to go.
Create your vision and set winning goals.
- ★ Set yourself up for success with your own daily habits and routines.
- ★ Workout and eat to win.
Feel more energised and vibrant each day.
- ★ Believe it to achieve it.
Your thoughts create your world. Learn to think like a winner in and out of the office.
- ★ De-stress and Be Present.
Relax and enjoy the journey.
- ★ Create winning environments to ensure your success.
- ★ Prioritise, plan and master your days.

How The Program Works

- ★ Become the CEO of Your Life Questionnaire
- ★ 8 x 90 minute interactive sessions held bi-weekly
- ★ Detailed session materials for future reinforcement
- ★ Personalised action plan for your success
- ★ Check-in and support calls
- ★ Unlimited email support



ABOUT ANN QUINN

From Grand Slams to Gold Medals and World Champions, Dr. Ann Quinn has a long track record of creating winners.

She is the CEO of Quintessential Edge and a highly respected, professional speaker who travels the world teaching her audiences peak performance strategies. Ann's work has taken her to 6 continents and over 50 countries. She enjoys coaching executives to conquer their stress, get energised, build a winning mindset and connect to their own inner power.

Ann has a diverse academic background with degrees in Psychology, Biomechanics, Human Movement, Nutrition and Education plus 30 years of wisdom and expertise gained from coaching high achievers. She has been honoured to receive many international awards for her work and to be chosen to sit on several Global Advisory Boards.

From Winning Mindset to Mastery, Ann's Programs are Progressive



1. **The Winning Mindset:** Become the CEO of your Life. Conquer your stress, Energise you and Optimise all areas of your life.
2. **Extraordinary Mind:** Access the unconscious genius within and maximise your success.
3. **Knowing Within:** Learn to master the power of your mind and go for anything you want.
4. **Mastery:** Be the master of your destiny.

"Extraordinary Leaders lead by example with their energy, their passion, their grand vision and their massive actions. They have a winning mindset and inspire others to their greatness. Importantly too they have fun and enjoy the journey." - Dr. Ann Quinn

Contact Dr. Ann Quinn

+61-(0)402-034-509

ann@annquinn.com

www.annquinn.com