

Mental Fitness Community

The Mental Fitness Community program is available to those who have completed the Mental Fitness Bootcamp and are continuing on with Nahid in any of the three following formats:

1. Private Client / Individual Coaching program
2. Group Coaching program
3. Community Coaching program

Clients who are currently participating in the Mental Fitness Bootcamp are also welcome to join these classes for additional support and learning if desired.

Classes run three Fridays per month at 11:30am pacific time. Participants are encouraged to bring questions and situations for us to discuss during our call, and all topics will be customized to those who attend. Some portions of these calls may be recorded and posted, but it is not guaranteed.

Below is the current topic schedule for 2021. Topics and schedule are subject to change.

2021 Class Dates

Week	Class Dates	Class Topic
Week 1	January 22	Understanding Your PQ Score and Assessment
Week 2	January 29	PQ Charge Challenge
Week 3	February 5	The Judge in Depth and Discussion
Week 4	February 12	Open Q & A
Week 5	February 19	Understanding Your Saboteur Assessment
	February 26	NO CLASS
Week 6	March 5	Hyperachiever in Depth and Discussion
Week 7	March 12	Open Q & A
	March 19	NO CLASS
Week 8	March 26	Pleaser in Depth and Discussion
	April 2	NO CLASS
Week 9	April 9	Sage Perspective in Depth and Discussion
Week 10	April 16	Open Q & A
Week 11	April 23	Controller in Depth and Discussion
Week 12	April 30	Avoider in Depth and Discussion
	May 7	NO CLASS
Week 13	May 14	Open Q & A
Week 14	May 21	Empathize in Depth and Discussion
	May 28	NO CLASS
Week 15	June 4	PQ Application in Depth and Discussion

Week 16	June 11	Open Q & A
Week 17	June 18	Stickler in Depth and Discussion
	June 25	NO CLASS
	July 2	NO CLASS
Week 18	July 9	Sage Perspective Review
Week 19	July 16	Open Q & A
Week 20	July 23	Restless in Depth and Discussion
	July 30	NO CLASS
Week 21	August 6	Victim in Depth and Discussion
Week 22	August 13	Open Q & A
Week 23	August 20	Explore in Depth and Discussion
	August 27	NO CLASS
	September 3	NO CLASS
Week 24	September 10	Innovate in Depth and Discussion
Week 25	September 17	Open Q & A
Week 26	September 24	Hypervigilant in Depth and Discussion
	October 1	NO CLASS
Week 27	October 8	Hyperrational in Depth and Discussion
Week 28	October 15	Open Q & A
Week 29	October 22	Self-Command Review
	October 29	NO CLASS
Week 30	November 5	Judge Deeper Awareness
Week 31	November 12	Open Q & A
Week 32	November 19	Navigate Power in Depth and Discussion
	November 26	NO CLASS
Week 33	December 3	Activate Power in Depth and Discussion
Week 34	December 10	Open Q & A
Week 35	December 17	Sage Perspective Reflection
	December 24	NO CLASS
	December 31	NO CLASS