IP BEST PRACTICES

Healthy Mind, Healthy Culture

A best practice shared by Peter Schlatt.

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Healthy Mind, Healthy Culture

A mental fitness workshop that helps individuals and teams break free from self-sabotaging patterns and develop a positive, high-performing mindset.

Key steps

Preparation: via a free online test, participants discover their hidden talents — deeply rooted strengths from childhood that, over time, may have transformed into self-sabotaging behaviours (Saboteurs) that hinder their success and harm their social interactions.

In the workshop, people form groups based on their top saboteur and evaluate the negative impact this saboteur has on them and others, sharing results with the group and discussing where such behaviours have been observed.

Afterwards, participants use their increased awareness about sabotaging behaviours to identify triggers and reflect weekly about their successes and areas of improvement.

CONTACT

InspiringPeople

ADDRESS

Maliebaan 45

3581 CD Utrecht

The Netherlands

PHONE

+31 84 00 38 999

EMAIL

contact@inspiringpeople.com



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