

EMOTIONAL & PHYSIOLOGICAL  
INTELLIGENCE FOR THE COMMUNITY

EQUALIZE  
MIND-BODY INTELLIGENCE



WANT TO CHANGE HOW YOU  
**EXPERIENCE**  
**LIFE?**

*Then join us for an EPIC journey! In this eye-opening course, the hugely popular Nam Baldwin shares his knowledge and the secrets to success usually reserved for elite athletes, world champions & corporate high flyers.*

**All topics in EPIC courses are centred around self awareness & self management, where you will learn what influences your emotions and how to regulate them naturally, and what to do to have your body operating in its most efficient state to be healthy, happy & energised.**

Nam has an incredible ability to bring all the pieces of life's puzzle together, in a way that allows you to really make sense of your challenges and have clarity moving forward. You will learn the tools to build emotional intelligence and manage yourself effectively, improving relationships with everyone around you. The beauty of this educational program is that you are learning skills which allow you to feel more fulfilment and satisfaction from every aspect of your life.

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## PART A OUTLINE

**Focus & Your Physiology:** Understand the mind & body components which strongly influence brain behaviour and your ability to achieve great focus, minimise overwhelm and maximise energy levels.

**Triggers:** Define what creates the greatest shift in your emotions, how to minimise things that bring you down and maximise what empowers you. Gain greater control of your mood, emotions and behaviours, and enjoy life more.

**Internal Dialogue:** We have roughly 60,000 thoughts a day, which all have the power to shape your current reality & destiny. Learn to interrupt your negative dialogue and manifest empowering thoughts and positive dialogue to build confidence and achieve your goals.

## PART B OUTLINE

**Core Values:** Discover what truly motivates you, what gets in the way and what holds you back in life. Honouring your individual values is the key to experiencing success and satisfaction across all areas of your life.

**Self Confidence:** Everyone at some point lacks self confidence. Learn how to build and project self confidence which in turn will assist you to rise above any challenges and achieve your goals.

**Self Leadership:** Identify your weaknesses and build upon your strengths, skills and talents, enabling you to make the best decisions and create the life you want.

### WHO

Anyone, young or young at heart, wanting to improve their health, performance, relationships & experience fulfilment in life.

### WHAT

**Part A:** 2 days  
**Part B:** 2 days  
All course dates and times are available on our website

### WHERE

WAREHOUSE No. 5  
87 West Burleigh Road  
Burleigh Heads, QLD 4220

### HOW MUCH

\$299/course

## NAM BALDWIN

ELITE PERFORMANCE COACH  
TEACHER | MENTOR | INSPIRATIONAL SPEAKER

**Nam Baldwin** is the co-founder of Equalize Training Company and the creator of the internationally recognised Breath Enhancement Training program, and the EPIC program.

With over 22 years experience in the health, fitness & wellbeing industries worldwide, Nam is a highly qualified specialist in emotional and physiological intelligence & peak performance, and has developed multiple programs exploring success under extreme pressure in both the emotional and physical realms. He is a life, health and peak performance coach, a powerful corporate trainer, and a hugely popular inspirational speaker.



"Thank you so much for all the support & training. Words cannot really explain what you have done for me however just watch & I'll show you. You have an awesome gift that empowers people & I'm so thankful to receive it."

"Thank you so much for all your wisdom, advice and eye-opening teaching! You have changed the way I see the world. You are truly inspirational."

LIMITED SPACES, BOOK NOW!

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