



We train you and your employees to live, work and lead in a multicultural world using core skills development programs.

At MindMovement, we provide training, consulting and coaching for you and your leadership team to build a solid foundation of access and skill to concentrate the mind for peak performance, to activate a healthy body, and harness an ever present well being and confidence. MindMovement was founded in 2002 and works with companies across diverse industries addressing the needs of leadership, global diversity, and health and performance with core skills development programs.

“We work with your employees strengths to provide the skills they need to change themselves”

Bena Long, M.S. M., is the Founder and Principal of Mind Movement. Bena has led training sessions for individual contributors, management, senior leadership and executives. Some of the corporations she has provided services to include Federal Express Corp., Berlitz International, Canon Americas, Basell U.S.A, Bristol Myers Squibb, Johnson & Johnson, and Barclays Capital, New Jersey Self Insurers Association, and the US Treasury Department.



Bena Long invigorates life into the topics of health/wellness, diversity, leadership, and performance. She speaks from a different perspective – like a breath of fresh air, she awakens her audiences to possibilities that were before unrecognized.

### Strategic Intelligence Skills™ (SIS)

This is the health and performance skills advantage. Improve employee health, retention, work performance, and morale. This training program builds the foundation of health and performance skills that expands into the essentials of mental performance improvement.

#### SIS - Foundation Building – Health Basics 101

SIS provides the foundation training in the personal skills of self-management necessary to work without stress, anger and frustration. Our approach is unique – it has immediate application with strategic, long-term results. We teach your employees how to control blood pressure, work without headaches, and sleep peacefully every night. We don't ask people to change their lifestyles, we provide them with the skills they need to change themselves.

#### SIS -In-House Train the Trainer Options

#### SIS - Meeting the Management Challenge

Strategic Intelligence Skills™ development programs equip managers and decision-makers with the enhanced intellectual abilities, core competencies that can be applied immediately to management responsibilities for effective problem solving, communication, forward and reflective thinking, focused analysis and sound judgment.

#### Speakers

Speeches that motivate inspire and tool your team. Invigorate life into your conference and meetings. This is an expert's insight on core skills development, bringing a new perspective on womens' leadership, health and performance, global diversity, work-life balance.