



FOR JOURNEYMEN, APPRENTICES, FOREMEN AND CREW LEADERS

You trained your hands for years. Nobody trained the mind that runs them.

Bad drawings, a schedule that slips, a call-back, a crew short two people. The work is hard enough without a mind that turns pressure into a mistake or an argument.

Mental Fitness is trained the same way a trade is: reps, standards, feedback.

WHAT IT BUILDS ON THE JOB

- **Keep your head on the job**
Steady hands when the pressure climbs.
- **See the reaction**
Name what fires before the words do.
- **Hold focus**
Come back to the task after the interruption.
- **Take the correction**
Feedback stops feeling like an attack.
- **Lead the crew**
Apprentices copy the response, not the
- **Last the trade**
A long career needs more than a strong back.

Scan to start.

A short, private read of how you respond under pressure — for one tradesperson, a crew, or a whole shop.

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TRAIN THE MIND LIKE THE TRADE

compassperformanceinc.com/mental-fitness

Compass Performance, Inc. · 224.307.0912 · skopeccky@compassperformanceinc.com