

**4.3 FORTY**

LEARN GROW INSPIRE

# IN YOUR 40s+ AND HIT A PLATEAU?

Are you ready to win at being the true you?

*I can help you get there.*

Shouldn't this be the time in your life when you have it all figured out? Where is that clear path to growth? Don't allow fear to keep your head buried in the quicksand of your comfort zone!

I coach driven but overwhelmed professionals to develop a **Mental Athleticism**. The result? Decreased pressure, amplified purpose, increased performance, and a reinvigorated life. It's time to breathe easier and experience lasting clarity.



## OUTCOMES



Enhanced  
Job Performance



Refined  
Leadership Skills



Healthy  
Boundary Setting



Skillful Emotional  
Navigation



Live and  
Feel Better



Clarity  
of Purpose

## ABOUT ZIZ



Certified, ICF & Positive Intelligence Coach



Associate Athletic Director at UMD



Former NFL Wide Receiver



Author



Certified YogaSculpt Instructor

**MENTAL ATHLETICISM + SAFE SPACE CREATION = GROWTH UNLEASHED**

“I had no idea Ziz would become such an important person to me. When my only child left home in 2020, I pretended to be okay, pouring myself into my work. But I had lost my compass. Ziz helped me face my life and push through discomfort toward personal transformation. Now I'm learning how to live life confidently on my terms. My immense gratitude to Ziz!”

— Lori Paul, Business Development

“His approach to mental fitness is unlike any I have ever seen. He's not interested in a one-day conference, a weekend retreat, or even a boot camp. He works with entrepreneurs over a longer span so they actually create life-changing habits and put them into action. He's also there when things might go sideways, and help you figure out how to get back on the path you've chosen.”

— Erica Owens, Founder, Frugal on the Fly

I can help you amplify performance and find the true you. **Book a coaching session with me here.**

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