



Speech Fitness Institute®

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Why SFI- Why NOW?

The Speech Fitness® Institute (SFI) is a 3-4 day communication training camp + corporate retreat. Each day there will be a variety of activities scheduled. The range of activities is broad, but there is one common thread — they are all designed to loosen the mind, unlock each person's individuality and work toward becoming a more mindful, effective, prepared and confident personal and professional communicator.

Our Approach

In order to harness your inherent abilities as a communicator, particularly in high-stakes situations, you must have three things:

- A cognitive understanding of key communication skills and techniques
- Physical strength and wellness
- A sense of inner balance and clarity

These are precisely the techniques that are fostered through all MM+A programs and the Speech Fitness Institute®.

If That's Not Enough...

SFI is a customizable, corporate retreat and sales meeting program that blends a sports/performance-based approach with time-tested leadership and team-building training centered around high stakes communications situations, all set in a back-to-nature environment.



The Speech Fitness Institute® seeks out the most renowned retreat locations which master a delicate balance between roughing it and the Ritz Carlton. Our Institutes are designed for locales such as Copper Mountain and Winter Park, Colorado, or your meeting venue of choice.

There will be a variety of the following sessions every day, varying in length, depending on the topic and goals for the session:

- Physical Fitness Awareness/NIA
- Vocal Training Listening
- Performance Techniques for Business people (to include improvisational work)
- Presentation Training
- Leadership + Management Training
- Team-Building
- Unlocking Creativity and Intuition
- Emotional Intelligence and Emergenetics®
- Lifestyles Segment (nutrition, time management, etc.)
- Personal Time Self- Observation



The Wild Horse Inn



Fraser, CO