



Ask Better Questions, Get Better Results

Mental Fitness with Marc Champagne

"Thanks again Marc for an amazing event. We're already getting rave reviews, thanks for making this such a seamless experience. As always, thank you for your energy and presence, one of our best to date in my opinion."

—Nicholas W, Google People Development

After a decade of study and nearly 200 interviews with award-winning entrepreneurs, executives, designers, strategists, technologists, musicians, and athletes, Marc Champagne has come to a critical realization: **At any point, we are all one question away from a different life or outcome.**

Through a 90-minute experience (virtual or in-person), we will guide your team through pointed self-inquiry and mental fitness practices to surface *that* question. And to bring clarity, intentionality, and possibility to your work and life.

We all ask questions, but are the right questions, the best ones, and are we asking enough of them?

How It Works

The backbone of the entire experience is grounded within the Socratic Method. This line of questioning has stood the test of time, dating back to the 5th century BC. It's also a method Marc adapted to reflect the complexities of the modern world through his best-selling book, [Personal Socrates: Questions That Will Upgrade Your Life From Legends & World-Class Performers](#). Through empowering questions and proven mental fitness practices, the facilitator will guide you through breakout sessions to first surface clarity and then provide the opportunity to ideate with intention and unlock new opportunities.

Where We Start

The experience starts with getting out of our heads and into our bodies with a group check-in. The practice level sets the participants and creates a safe and inviting space to truly connect, reflect, and expand. You may hear one-word check-ins expressing emotions of stress, fear, anxiety, or fatigue. We must take time to identify how we are feeling. First, it demonstrates we are human, not alone, and often just by acknowledging these emotions, we also release them to get the most out of the experience.

Following the check-in, the ground rules for the session will be shared and agreed upon to create a safe and welcoming environment. Lastly, the facilitator will open up with a greeting, provide context to the Socratic Method, share the schedule and what participants can expect over the next 90 minutes.

Two Break-Out Sessions

The first break-out lasts six minutes in groups of two (Zoom rooms if virtual) to warm up and connect participants while stimulating an environment of curiosity. The second break-out consists of groups of three, also known as *Socratic Circles*, lasting for 15 minutes to encourage deeper reflection. The prompts presented in this break-out are tailored for the group based on the initial discovery call with Marc.

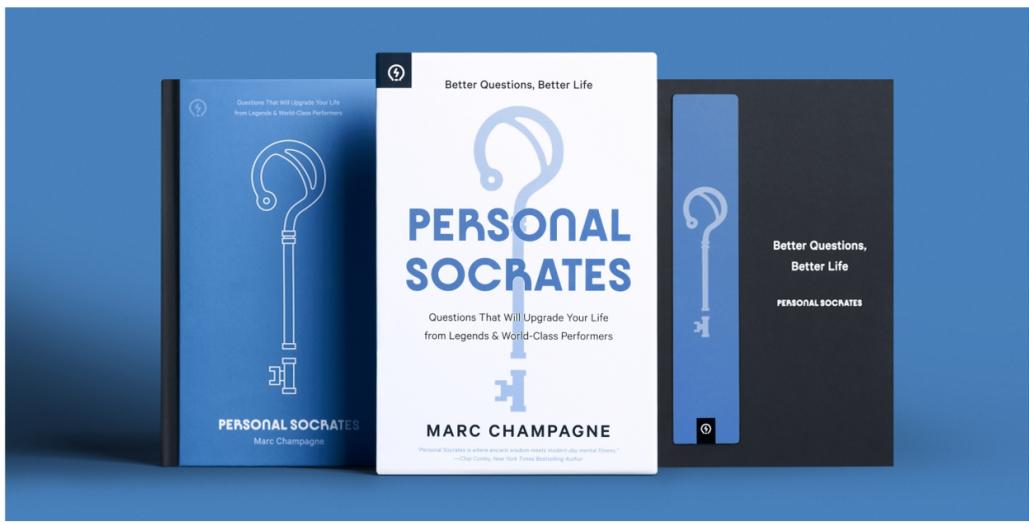
The group will return to the main room (physically or Zoom Room) after each break-out to share insights from the break-outs.

The Final Mental Fitness Practice

The remaining time will guide participants with prompts to transition the insights surfaced from the previous break-outs to actionable steps. Finally, the facilitator will leave the team with two additional reflective writing exercises to continue post-experience. Including Marc's signature weekly reflective review practice, a 15-min flow that has produced massive personal and professional shifts for people.

Closing

The experience will begin to conclude with a group gratitude practice leaving participants energized and in a creation/possibility state of mind. Then, we will end the same way we began, with a one-word group check-out where the true magic of the experience is felt, as feelings like energized, motivated, clear, and excited are often expressed. But most of all, teams are left with a new perspective on how to use questions and have the tools to continue training their minds to ask the highest quality questions, personally and professionally.



Where the Experience Originates

The mental fitness practices, prompts and structure you will experience are derived from over 200 interviews with world-class thinkers, a decade of study, and my best-selling book *Personal Socrates: Questions that will upgrade your life from legends and world-class performers*.

"Insightful and provocative questions that can help you think about how to become a better leader and person."

—Alex Auerbach, Head Performance Psychologist for the NBA's Toronto Raptors

"Marc Champagne is one of the most passionate, thoughtful, and kind humans I've ever met. He's translated his positive energy into a wonderful book filled with practical insights to gain clarity, a fulfilling life, and limitless outcomes. If there was ever a guide to a rich life, this is it!"

—Perry Monaco, LinkedIn

"Solving billion-person challenges starts with asking the right questions. Marc's new book, Personal Socrates, is a guide to finding those questions."

—Naveen Jain, Billionaire Entrepreneur and Philanthropist

"Personal Socrates is a beautiful guide to unlocking emotional optimism."

—Claude Silver, Chief Heart Officer VaynerMedia

"Personal Socrates is where ancient wisdom meets modern-day mental fitness."

—Chip Conley, New York Times bestselling author

"Exceptional entrepreneurs and thinkers have more questions than answers. Marc provides the mental framework to find the questions that matter most."

—Jason Feifer, Editor in Chief of Entrepreneur Magazine

"I've been listening to Marc on the Behind the Human podcast for years. His approach to mental fitness is modern, practical, and most importantly, implementable for individuals and businesses"

—Radek Sali, Chairman Light Warrior Investments & Ventures