

Transformative Team Empowerment



Elevate your collegiate team's performance with sessions that combine inspiration, resilience-building tools, and actionable steps. Mandy DiMarzo's workshops are designed to ignite mental toughness, strengthen team bonds, and build true champions—on and off the field.

Key Takeaways Include:

- ✓ **Mental Fitness:** Tools to develop unshakable mental toughness and resilience.
- ✓ **Strength in Adversity:** Strategies for turning challenges into fuel for growth.
- ✓ **Inspiring Personal Stories:** Authentic stories that resonate, inspire, and motivate athletes.
- ✓ **Team Unity & Leadership:** Practical exercises to foster trust, accountability, and collective strength.



Sweat & Strengthen: **BURN & BOND**

Mandy's "BURN & BOND" sessions combine a high-intensity BURN workout with a strength lab—a dedicated space for teams to connect, grow, and empower each other. Whether your team is in-season or off-season, these sessions provide the perfect opportunity for growth and connection year-round.

Whether it's pushing through physical limits or breaking through mental barriers, this dynamic combination is designed to help athletes:

- Build resilience both physically and mentally
- Foster deeper connections within the team
- Empower each individual to lead with strength and confidence

Curate Your Team's Experience

Collaborate with Mandy to customize a session that fits your team's unique needs. Whether it's a challenging workout, a resilience workshop, or a combination of both - Mandy will strike the perfect balance to meet the goals of your team.

**You will sweat together, strengthen together,
and leave as a united force.**

Book Mandy@MandyDiMarzo.com to elevate your team's mindset, strength, and unity!
Learn more at MandyDiMarzo.com & on IG [@BURNbyMandy](https://www.instagram.com/BURNbyMandy).



ABOUT

Mandy DiMarzo

Mandy DiMarzo is a relentless athlete who has turned personal adversity into a source of unshakable strength and empowerment.

As a former Division I soccer player, Mandy spent years pushing her body to its limits, chasing perfection in distance running and triathlons. After overcoming an eating disorder and enduring the strain of countless injuries, Mandy made the pivotal choice: to stop striving for the unattainable and instead embrace the power within her. She shifted her focus to nourishing her body and her mind - ultimately creating BURN, a transformative, full-body workout designed to build strength, endurance, and resilience.

Mandy's story is a testament to the resilience of the human spirit; It is not just about overcoming adversity, it's about thriving in the face of it. Her journey of overcoming an eating disorder is incredibly personal, but her message speaks to our universal experience—struggle, resilience, failure, loss, and the strength found through breaking and rebuilding. Vulnerability is the birthplace of strength, and Mandy explores this truth with her audience.

Mandy brings incredible insight and heart to every conversation. Her ability to connect is rooted in genuine human experience; She speaks with a deep understanding of the challenges we all face, making her message not just inspiring, but deeply personal. She meets people where they are, whether in the midst of struggle or on the cusp of success and she invites leaders and teams alike to explore their own potential, lean into discomfort, and discover the strength that comes from embracing vulnerability. Her words don't just resonate; they transform the way we think about resilience, growth, and the power within ourselves.

Contact **Mandy@MandyDiMarzo.com** to discuss your next event.
Learn more at **MandyDiMarzo.com** & on IG **@BURNbyMandy**.