

Our Mission

MENTAL
TOUGHNESS
ONLINE

“Bring Mental Toughness to the world!”

Mental Toughness is a personal characteristic that helps you deal better with with pressure, stress and challenges.

It improves mental health, well-being and performance.

25%

Of the population has some form of depression

\$10b

The cost of workplace stress in Australia

10%

Of children have diagnosable mental health problems

25%

Performance improvement mentally tough students

