

MENTAL TOUGHNESS ONLINE



Improve your life satisfaction, well-being & performance and learn to thrive

- Improve your mental resilience
- Discover your personal strengths
- Master your stress
- Achieve and maintain lasting change

Our Coaching

At MentalToughness.online we coach you to grow yourself and thrive. Our coaching approach is based on proven methodologies and our experienced coaches are passionate to help you be yourself at your best. We lean in, support you, but also challenge you to plan, apply intervention strategies and take action to get the best out of yourself.



Why do we coach?

Our mission is to bring Mental Toughness to the world in order to make people thrive.

To support our mission, we offer great free on-line resources for self improvement. Our paid online coaching can further build your mental strength, personal strengths and stress mastery.

Mental Strength Coaching

When we increase our Mental Strength, we increase our resilience. We don't only function and perform better, we actually improve our well-being and are confident to take on more challenges

Personal Strength Coaching

We all have character strengths. People who use their top 5 strength each day are six times more likely to report high life satisfaction. Using our strengths more often also increases our resilience

Stress Mastery Coaching

Mastering stress starts with believing that we can alter the severity and duration of our stress response. Once stress is recognized, stress masters take action and prevent the stress response from escalating

How do we coach?

Our 4-A approach of Aware, Assess, Accept and Action, helps any individual on the right path to self improvement. In our experience, people understand and action a new way forward in 5 coaching sessions. They feel confident and equipped to take action and make changes in their lives.

We use reliable and validated psychological measurements based on the science of Positive Psychology. Our coaching will provide you with strategies and interventions to improve stress management and align personal and mental strengths with your life and work. This will help you achieve and maintain high levels of life satisfaction, well-being and performance.



Aware: In the introduction session the coach will get to know you, your passions and your goals. Who and what is important in your life? What gives you satisfaction or meaning?

Assess: We'll measure your current mental and personal strength to get a deep understanding of your current situation. We then explore your strength and improvement opportunities.

Accept: Our coaches will explore personal improvement strategies and intervention in work or life. The coach will help you build confidence and readiness to take action.

Action: Develop a way forward and take action to make personal changes to thrive. Our coaches help you explore opportunities, set goals to commit to and guide you along the way.

Our Coaching packages

Use our coaches to become yourself at your best and contact us now. Our standard face to face coaching cost **AU\$399** per 45 minutes. Our on-line coaching provides great value at **AU\$199** per 45 minutes. We offer a five session Mental Strength Builder or Stress Mastery Builder package. Or use our Mental Strength intro at **AU\$149**.

Mental Strength Intro

Incredible value for **AU\$149**. This Includes:

- our on-line introduction to Mental Toughness
- a proprietary Mental Toughness survey, the MTQ48
- a 12 page Mental Toughness development report
- our self help guide ***Building Mental Toughness***
- A 30 minutes online feedback session

Mental Strength Builder

Valued at AU\$2,100. **Cost AU\$900**. This Includes:

- our on-line introduction to Mental Toughness
- a proprietary Mental Toughness survey, the MTQ48
- a 12 page Mental Toughness development report
- a personal strength report, identifying your strengths
- Five 45 minutes online coaching sessions

Stress Mastery Builder

Valued at AU\$2,100. **Cost AU\$900**. This Includes:

- an introduction to Stress Mastery
- a proprietary Stress survey and Stress risk report
- a 35 page Stress Mastery Guide
- a Stress Mastery Practice book
- Five 45 minutes online coaching sessions