

# MY STRONG MIND

The School Program that brings mental toughness and well being to teachers and students



Mental Toughness helps children deal better with pressure, stress and challenges. Improving mental toughness leads to:

Improved mental health and well-being

Up to 25% improved performance

More engagement in classroom

Better transition to secondary schools

Our program is designed to educate and empower teachers to measure and develop Mental Toughness in their class

Introduce teachers to Mental Toughness and the 4Cs frameworks.

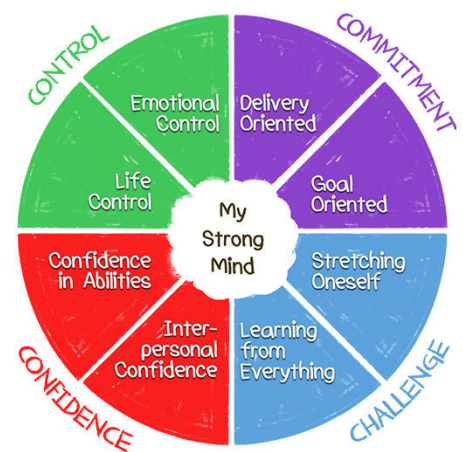
Measure and feedback the teacher's Mental Toughness profile.

Educate teachers to measure their class's mental toughness and use our toolkit.

Deploy Mental Toughness interventions and exercises based on student and class reports.

Include parents in the Mental Toughness program with a parent night and a family challenge.

Measure and review the progress children and classes have made. Adjust interventions.



The 4 C's of Mental Toughness



@MyStrongMindJourney



www.mentaltoughness.online