

A woman with blonde hair, wearing a white helmet, a blue backpack, and yellow gloves, is climbing a rocky mountain peak. She is smiling and looking towards the camera. The background shows a vast mountain range under a blue sky with scattered clouds.

# Mental Fitness *for women*

**A 12-Week Transformational Program**

**Mental Fitness for Women: A science-backed, deeply personal journey into the way you think, feel, lead, and thrive - designed around your life, not despite it.**

You're capable, driven, and perceptive. You also know - perhaps better than anyone - what it costs to keep showing up at full capacity. **Mental Fitness for Women** isn't another wellness checklist. It's a structured, neuroscience-grounded program that builds genuine inner resilience: the kind that changes how you experience your work, your relationships, and yourself.

Over twelve weeks, you'll move through six core topics combining fortnightly workshops, mindfulness practice woven throughout every session, and both individual and group coaching. The result is not a temporary lift - it's a lasting shift in how you regulate, respond, and lead.

Program facilitators Monica Blacker and Mark Dean will guide you on a journey towards taming your brain, building healthy mental habits, optimizing mental fitness and performance and building healthy habits that stick.

**PROGRAM MODULES**

**Six topics. Twelve weeks. One cohort of women who get it.**

**Mental Fitness for Women** is all about you. We will commence the program with some discussion about your priority areas and create program emphasis points and pathways that suit you. The following outline represents key modules that we will customize for your group's priorities and experiences.

WEEKS 1-2

**Managing Burnout**

Identify your personal burnout triggers - workload, values gaps, loss of control - and build habits that interrupt the cycle before it takes hold.

WEEKS 3-4

**Optimizing Sleep**

Understand the neuroscience of recovery and create a sleep routine that is genuinely sustainable for your life and schedule.

WEEKS 5-6

**Re-energising**

Explore the four dimensions of energy - physical, emotional, mental, and relational - and learn to protect and replenish yours with intention.

WEEKS 7-8

**Managing Conflict**

Develop solution-focused, empathic approaches to navigating difficult conversations and repairing relationships at work and at home.

WEEKS 9-10

**Healthy Coping Skills**

Learn the UCOPEA framework - a practical, research-backed model for moving from reactive coping to adaptive, values-led responses.

WEEKS 11-12

**Work-Life Integration**

Move beyond the myth of balance toward genuine integration - learning when to say no, when to pivot, and how to protect what matters most.

*Optional: two week additional module*

WEEKS 13-14 **OPTIONAL**

**Understanding & Managing Menopause**

A dedicated, clinically informed module for women who want to understand the hormonal, cognitive, and emotional dimensions of menopause - and build strategies for navigating this transition with confidence and clarity.

## WHAT MAKES THIS DIFFERENT

Science, self-awareness, and a program that bends to fit your life.

### How the Program Works

#### FORTNIGHTLY WORKSHOPS

Six live, interactive sessions - one per topic - combining evidence, reflection, and facilitated group learning.

#### MINDFULNESS ANCHORS

Woven throughout every session - not a standalone unit, but a thread connecting awareness to action in everything you do.

#### INDIVIDUAL COACHING

One-on-one sessions between workshops to apply insights to the specific challenges you're navigating right now.

#### GROUP COACHING

Peer coaching circles with your cohort - multiple session times available, booked directly around your schedule.

## WHAT YOU'LL GAIN

- Greater metacognitive awareness - the ability to observe your own thoughts before they drive your behavior
- Practical skills to manage stress, protect energy, and recover with intention
- Clarity on your values - and the boundaries, habits, and choices that honor them
- A stronger, more compassionate relationship with yourself - less self-criticism, more self-direction
- A personal strengths profile and coaching-informed action plan you'll keep using well beyond the program
- Connection with a cohort of like-minded women who will challenge and champion you

*"The depth and duration of suffering reduces - and that gives happiness the opportunity to emerge."*

- Mark Dean, Founder, Enmasse

### Built for real women living real lives

Busy schedule? Travel commitments? The program is designed with flexibility in mind. Multiple cohort intakes throughout the year - and if you need to step across sessions, we'll find a solution. Don't let timing hold you back.

## THE SCIENCE BEHIND THE PROGRAM

Every module draws on current neuroscience, behavioral science, and clinical research. Sessions introduce proprietary frameworks including the **Intentional Leadership Index**, **PAUSIT** for tackling self-doubt, and **UCOPEA**, alongside other validated tools from positive psychology and trauma-informed practice. Participants complete a strengths assessment before the program begins - giving you a powerful, evidence-based anchor from day one.

### Pricing: \$10,000 USD

Enrolment is open for upcoming starts - spaces are limited per cohort to ensure a quality coaching experience. Corporate sponsorship and group pricing available for organizations supporting their women.

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