



Mental Fitness Workshop

Training your mind the way you train your body

The mind can be a wonderful servant and a terrible master. Stress, worry, and overthinking can quietly erode our wellbeing and prevent us from showing up at our best.

Mental fitness is the ability to still the mind, regulate our emotions, and face life's challenges with greater resilience. Many of us spend hours strengthening our bodies but almost no time strengthening our minds.

The **Mental Fitness Workout** is a simple five-minute daily practice built around five powerful mental habits that strengthen resilience, quiet mental noise, and help you respond to life with greater calm, clarity, and intention.

Over time, it helps you handle stress more effectively, think more clearly, and show up in your work and relationships as your best self.

In this **3-hour workshop**, we'll explore:

- Why the mind naturally drifts into stress, worry, and overthinking
- A simple daily practice (just five minutes a day) to build mental fitness
- Core principles that help you regain calm, clarity, and focus
- Practical tools you can immediately use to improve your wellbeing

Mental fitness works much like physical fitness. You don't get stronger by understanding exercise. You get stronger by practicing it.

“Justin is one of the most engaging and entertaining master teachers you'll ever learn from.”— Marc Kahn, Head of Strategy, Investec Global

Dr Justin Cohen is a Hall of Fame Speaker, bestselling author, and global authority on human transformation. For more than two decades he has helped leaders and teams in over 40 countries strengthen resilience, unlock human potential, and perform at their best. Through his **Mental Fitness** framework, Justin helps people quiet mental noise, build emotional strength, and improve wellbeing in work and life.



unleashing human potential



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