



Mental fitness *for women*

a 12-week transformational program

Mental Fitness for Women is a science-backed, person-centered journey to optimised professional wellbeing in a safe space. Add skills to your toolkit for uplifting the way you think, feel, lead and thrive.

You're capable, driven and perceptive. You also know, perhaps better than anyone, the challenges of taking on a high performance, flexible working lifestyle at full capacity. **Mental Fitness for Women** is designed to energise and harmonise with your life rather than burden you with 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 12 weeks, you'll move through 6 core topics combining fortnightly workshops, outcome-oriented mindfulness exercises, and 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 path towards harnessing your brain's potential, building healthy mental habits, and optimising mental fitness and performance.

PROGRAM MODULES

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

Mental Fitness for Women is all about you. We partner with you from the outset, getting to know your priority areas and pressure points, from there tailoring program emphasis points and pathways that suit you. The following outline represents key modules that we will contextualise to 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

Optimising 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 curated 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 – 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

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 behaviour
- Practical skills to manage stress, protect energy, and recover with intention
- Clarity on your values – and the boundaries, habits and choices that honour 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, behavioural 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.

Enquiries

Spaces are limited per cohort to ensure a quality coaching experience. Corporate sponsorship and group pricing available for organisations supporting their women.

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