



# Mental fitness *for women*

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12 weeks of expert-facilitated professional  
wellbeing transformation

# 6 topics, 12 weeks, 1 cohort of women who get it.

***Mental fitness for Women* is a science-backed, person-centered journey to optimized wellbeing in a safe, supportive space. Join our experts and a small team of like-minded professional women as we develop game-changing skills to help uplift the way you think, feel, lead and thrive.**

In the current work climate, women are reporting greater wellbeing and work-life boundary challenges than men, specifically when it comes to burnout, stress and sleep. And yet we know that women derive greater health and career benefits from coaching, mentoring, peer learning and social support networks.

*Mental fitness for women* has been developed with this transformative opportunity in mind. Program facilitators Monica Blacker and Mark Dean (bios overleaf) take a neuroscience-informed approach to guiding you on a path to harnessing your brain's potential, building healthy mental habits, and optimizing mental fitness and performance.

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## PROGRAM MODULES

Over 12 weeks, we'll move through 6 core topics using a uniquely blended, experiential-learning mix of workshops, mindfulness exercises, and individual and group coaching, all tailored to your experience.

1

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.

2

WEEKS 3-4

### Optimizing sleep

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

3

WEEKS 5-6

### Re-energizing

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

4

WEEKS 7-8

### Managing conflict

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

5

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.

6

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.

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.



*“This really tackles many of the problems that women experience in the workplace through such a gentle but also scientific way that is unheard of and unseen elsewhere.”*

Monica Blacker, Lead Facilitator

### KEY WELLBEING OUTCOMES

- ✓ 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

### How the program works





## THE SCIENCE BEHIND THE PROGRAM

Every module follows an evidence-based methodology drawing on current neuroscience, behavioural science and clinical research.

Sessions introduce proprietary frameworks including the **Intentional Leadership Index**, **PAUSIT** for tackling self-doubt and the **UCOPEA** model for coping with change, alongside other validated tools from positive psychology and trauma-informed practice.

Participants complete a strengths assessment before the program begins, providing a powerful, evidence-based anchor from day one. We partner with you from the outset, getting to know your priority areas and pressure points, to help us tailor the program to suit you.

## YOUR FACILITATORS



### Monica Blacker

#### BOARD ADVISOR & FACILITATOR

A long-standing advocate for women in leadership, Monica is a board advisor, restructuring specialist and former BigLaw partner with 20+ years experience.



### Mark Dean

#### FOUNDER, ENMASSE

With 25+ years across law and brain-mind sciences, Mark is an innovator in work health and safety, devising evidence-based interventions to uplift wellbeing and performance.



### Helena Kuo

#### PEOPLE & CULTURE LEADER

Helena is a People & Culture leader with a global management consulting background, specializing in strategy, DEI and complex workplace relations.

## 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.

We are flexible on timings: multiple cohort intakes are available throughout the year, and if you need to step across sessions, we'll find a solution.

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