



 12-week program

Mental fitness for women

A GUIDED JOURNEY TO PROFESSIONAL WELLBEING

Mental fitness for women is a neuroscience-informed, person-centered program designed to optimize 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.

Over 12 weeks, business transformation advisor Monica Blacker and brain and mind scientist Mark Dean will 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 break 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 and how to protect what matters most.

7

WEEKS 13-14 [OPTIONAL]

Understanding & managing menopause

Recognize the cognitive, emotional and physical shifts of perimenopause and menopause, and build practical, evidence-based strategies to protect your focus, energy and confidence through the transition.

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



“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

“We explore the neuroscience of antifragility among other helpful tools to develop those strengths and superpowers women possess that tend to be absent in male-dominated environments.”

— Mark Dean, Co-Facilitator



How the program works



Biweekly workshops



Mindfulness anchors



Individual coaching



Group coaching

Hub access available throughout the program with supporting resources, tips and tools.

Your journey starts here: contact us today

Enrollment 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.

email: monica@baxadvisorsllc.com mark.dean@enmasse2.com



Scan here or visit
enmasse2.com/mental-fitness-for-women
to book online or learn more.