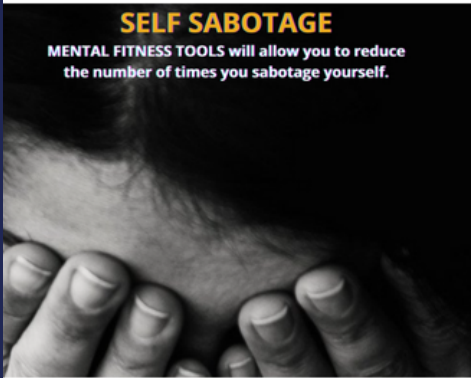


SO WHAT'S MENTAL FITNESS?

The very thoughts running through our mind can help to achieve our goals or draw us closer to our greatest fears and sabotage.



Mental Fitness is learning the difference between reacting and responding to life's daily challenges!

Building MENTAL FITNESS will ultimately help you to take charge of what you focus on, in turn will build resilience, enhance self-awareness and become your own inner cheerleader. Applied action of the tools will open up your own unique potential and enables you to become an even better version of yourself.

(Every tool that is taught can be implemented by all, you can get started the same day!)

Learning to use MENTAL FITNESS TOOLS is as vital as understanding the importance of nutrition and exercise for our body's health, you'll be amazed the difference it will make.



POSITIVE

CONFIDENT

HAPPY

TRANSFORMATIONAL COACHING

Transformational Coaching sessions will help you let go of the past and find peace and resolution, without endlessly talking about painful stuff or rehashing old wounds. In just a few sessions you can experience powerful shifts that will help you simply find life a little easier.

You will feel lighter, freer, happier and more positive!

Your Certified Mental Fitness Coach will guide you through a transformational experience, creating mental exercises that are bespoke for you.

It's a positive process where you'll feel empowered to gain a sense of control back in your life and you'll be guided to work together to plan your own future growth.



*Mental Fitness
creates
Bright Futures™*



Our 1:1 private weekly Coaching alongside the online Mental Fitness Membership educates you on simple and effective Mental Fitness Tools. Inspired by the coaching methods of Neuro-Linguistic Programming (NLP for short)

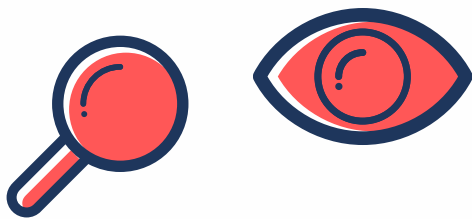
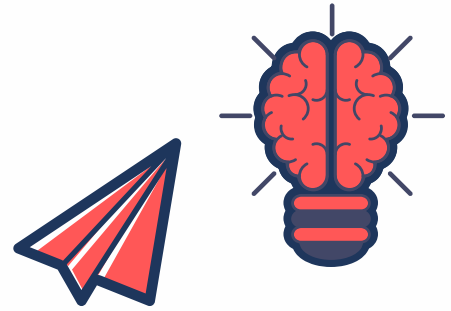
The 'neuro' element refers to our neurological system, understanding how and why we do what we do. The 'Linguistic' part is our language. Our language is much more than what we say, it's how we say it, our body language, facial expression and our internal thoughts.

Our team of Mental Fitness Coaches are Certified and registered with the Association for NLP and support young people to implement positive change in their lives. We take awareness of our Mental Health to a useful, empowering level, providing everyday essential tools to manage and thrive throughout life's ups and downs.

WHAT'S INCLUDED

INTRODUCTION

We explore the reasoning by creating happiness without a filter and how this can enhance your life.



MODULE 01

HOW OUR BRAIN WORKS

Some Neuro Science to kick off the course! Knowing how your brain works will help you communicate with others and yourself therefore being able to manage your mood.

MENTAL FITNESS TOOLS TO CREATE HAPPINESS

Get your tool belt on and lets learn these tools that will equip you with life's daily challenges.

MODULE 02



CREATE YOUR OWN TOOLKIT

This module will empower you, to put your own tool belt into practice and work out what works for you!



CREATE HAPPINESS HABITS THAT WILL LAST

Think of this bit as having a Personal Trainer for your mind! Let's create 'Happiness Habits' that you can achieve daily.

MODULE 04

CONGRATS & CONCLUSION

It's time to look ahead and celebrate your success.

FEEDBACK FROM YOUNG PEOPLE

Please evaluate below with regards to the course (Please tick)	1	2	3	4	5
Did the course content meet your expectations?				✓	✓
The Speaker was knowledgeable on chosen topic?				✓	✓
The training experience will be useful for your career?				✓	✓
Would you recommend Bright Futures to others?				✓	✓

(1 = Very poor, 2 = Poor, 3 = Fair, 4 = Good, 5 = Excellent)

What did you like most about the training?
It was really interesting and it explains
how about how the brain works.

Please evaluate below with regards to the course (Please tick)	1	2	3	4	5
Did the course content meet your expectations?					✓
The Speaker was knowledgeable on chosen topic?					✓
The training experience will be useful for your career?					✓
Would you recommend Bright Futures to others?					✓

(1 = Very poor, 2 = Poor, 3 = Fair, 4 = Good, 5 = Excellent)

What did you like most about the training?
How surprised I was about how
much information there was

What could take this training to the next level?

Please evaluate below with regards to the course (Please tick)	1	2	3	4	5
Did the course content meet your expectations?				✓	
The Speaker was knowledgeable on chosen topic?					✓
The training experience will be useful for your career?					✓
Would you recommend Bright Futures to others?					✓

(1 = Very poor, 2 = Poor, 3 = Fair, 4 = Good, 5 = Excellent)

What did you like most about the training?
It was very informative but informal and easy to understand

What could take this training to the next level?

How do you hope to enhance your work as a result of this training?
I now understand what I need to do and how I need to think
to succeed.

How do you hope to enhance your work as a result of this training?
I feel a lot more motivated in
how to go about finding a job
whilst training up to where I want to
be.

What additional training would you like to have in the future?



Please evaluate below with regards to the course (Please tick)	1	2	3	4	5
Did the course content meet your expectations?	✓				✓
The Speaker was knowledgeable on chosen topic?	✓				✓
The training experience will be useful for your career?	✓				✓
Would you recommend Bright Futures to others?	✓				✓

(1 = Very poor, 2 = Poor, 3 = Fair, 4 = Good, 5 = Excellent)

What did you like most about the training?
hearing about how the brain works
So interesting

How do you hope to enhance your work as a result of this training?
By thinking positive instead
of having doubts

Please evaluate below with regards to the course (Please tick)	1	2	3	4	5
Did the course content meet your expectations?		✓			✓
The Speaker was knowledgeable on chosen topic?		✓			✓
The training experience will be useful for your career?					✓
Would you recommend Bright Futures to others?					✓

(1 = Very poor, 2 = Poor, 3 = Fair, 4 = Good, 5 = Excellent)

What did you like most about the training?
The way that Laura presented
herself towards us

What could take this training to the next level?
I don't think that
Laura needs to talk anything to the next level

How do you hope to enhance your work as a result of this training?
I would result in
making a visualisation diagram

What additional training would you like to have in the future?
I would like to have this again as
everything was all perfect I couldn't ask for a
better person to present this talk.

POSITIVE

CONFIDENT

HAPPY

Bright Futures Disclaimer:

Mental Fitness Membership provides tools that aim to empower and educate simple and effective Mental Fitness Tools. All written material is to be used in conjunction with an online explanation which will provide an explanation of ecology. Ecology from an NLP perspective is ensuring all goals and consequences are positive for them, other people, and the planet.

Our Mental Fitness Tools are mainly, not exclusively inspired by the coaching methods of Neuro-Linguistic Programming. A literal translation of the phrase 'Neuro Linguistic Programming' is that NLP empowers, enables, and teaches us to better understand the way our brain (neuro) processes the words we use (linguistic) and how that can impact our past, and present and future (programming). It gives us strategies for observing human behaviour and learning from the best (and worst) of that.

The models, techniques, and strategies have evolved from modelling excellence, in order to help us better understand how our thought processes and behaviour, including how the language we use, influences the way we think and the results we get. Modelling excellence in any field enables us to bring about a positive change in ourselves and others.

The Mental Fitness Membership is a combination of tools and practices that gives us more choice about how we respond to our own thoughts and emotions and the situations we find ourselves in, and to do so with more kindness towards ourselves and others. This is not about 'controlling your thoughts' or 'emptying your mind' but about seeing yourself more clearly and beginning to learn how to calm your mind as it is, not how you imagine it should be.

The benefits are now well-known and supported by a large body of research: and can be found with our governing body ANLP.org. The practice of mindfulness changes the structure and functioning of the brain itself, increasing happiness and quality of life, and reducing stress, anxiety, and depression. All 1:1 and group courses will be conducted by a certified NLP Practitioner registered as a Professional Member of ANLP.

Our young people will have the opportunity to learn skills to build courage, resilience, and self-esteem, raise self-awareness and confidence. Helping to enhance well-being, improve overall effectiveness in day-to-day life and know the tools they can use to create their own bright future.

It is not intended as a substitute for consultation and treatment from a qualified and registered health care provider or health service. If you have concerns about a child's mental or physical health. If they are experiencing problems with mental health (e.g. anxiety, depression, insomnia etc) or some other form of illness, then it is recommended that you immediately consult either your physician, doctor, or psychologist, before deciding on whether to embark on the path of mental fitness and mindfulness practices.

In the case of mental health or physical illness, Mental Fitness Membership should not be considered as an alternative to professional assessment and regular treatment under an appropriately qualified and registered healthcare practitioner or service.

It is always recommended in circumstances of physical or mental health that you seek a referral to an appropriately qualified and registered health practitioner first for a careful assessment of your child's health needs, so they can advise you on the best course of action and refer you to the appropriate service/professional required.

Bright Futures
167-169 Great Portland Street (5th Floor) London W1W 5PF
laura@brightfutures.me.uk

