MENTALLY FIT
MINDS

TRAIN YOUR MIND FOR WHAT'S NEXT.



Making mental fitness as *practical* and *trainable* as physical fitness.

MENTALLY FIT
MINDS

THE PHILOSOPHY

MENTAL FITNESS IS A DISCIPLINE → AND IT'S TRAINABLE.

We train our bodies for physical challenges.

Yet when work, life or sport changes, we rarely train the mind we expect to carry us through it.

Mental fitness gives us a practical way to do exactly that.

MENTALLY FIT
MINDS

WHEN WHAT'S NEXT FEELS UNCERTAIN

A significant transition doesn't only change your circumstances. It can challenge your identity, confidence, sense of purpose and direction—even when you're highly capable and experienced.



Who am I now?

What do I still have to offer?

Where do I go from here?

MENTALLY FIT
MINDS

YOU HAVEN'T BECOME LESS CAPABLE

When pressure rises, mental noise increases.

Clarity narrows. Decisions become reactive.

Familiar patterns of self-doubt, fear,
overthinking or avoidance begin to take over.

Your capability is still there.

Access to your best thinking is the issue.

MENTALLY FIT
MINDS

THE PATTERNS YOU CAN'T SEE CAN STILL HOLD YOU BACK

Positive Intelligence® calls these patterns Saboteurs.

They are the automatic mental habits that influence how you think, feel and respond–particularly under pressure.



WHEN SABOTEURS LEAD

Stress | *Negative self-talk* | *Energy drain*
Reactivity | *Anxiety and fear*



WHEN SAGE LEADS

Curiosity | *Empathy* | *Creativity*
Big-picture awareness | *Laser-focused action*

MENTALLY FIT
MINDS

MENTAL FITNESS MADE PRACTICAL

Like physical fitness, mental fitness is built by training three core components:



CATCH YOUR SABOTEURS

Weaken the negative mental patterns that limit your potential.



ENERGIZE YOUR SAGE BRAIN

Build self-command and gain greater control over your reactions.



USE YOUR SAGE POWERS

Strengthen empathy, creativity, focus and purposeful action.

The aim isn't to remove pressure.

It's to strengthen your ability to respond differently when it matters most.

MENTALLY FIT
MINDS

TRAIN YOUR MIND LIKE YOU TRAIN YOUR BODY

A 13-week mental fitness and coaching journey.

LESS THAN 3%
of your weekly time
(around 2 – 3 hours)

12 MONTHS
PQ app access
integrated daily training

WEEKS 1 – 7 | BUILD YOUR MENTAL FITNESS FOUNDATION

Catch your Saboteurs, strengthen self-command and access your Sage powers through interactive app-based learning and weekly online coaching sessions.

WEEKS 8 – 12 | TRAIN YOUR MIND FOR WHAT'S NEXT

Begin with a 90-minute Coaching Kick-off, followed by four weekly 60-minute 1:1 coaching sessions focused on your transition and what you want to create next.

WEEK 13 | REFLECT AND RENEW

Pause, reflect on progress, celebrate milestones and renew the focus for what comes next.

MENTALLY FIT
MINDS

I KNOW WHAT IT MEANS TO ASK, "WHAT'S NEXT?"



Across more than 20 years in sport and business, I've navigated four redundancies, career changes, co-founded two agencies and relocated from South Africa to England with a young family.

Some transitions were chosen. Others arrived without warning. Each challenged my identity, confidence and sense of what was still possible.

As a six-time Ironman, I know training is never only physical—it also tests how you respond to uncertainty, setbacks and self-doubt.

These experiences shaped why I founded Mentally Fit Minds: *to help businesspeople and athletes train the mind expected to carry them through change*.

WARREN COUCHMAN

Performance Neuroscience & Mental Fitness Coach

Six-time Ironman

MENTALLY FIT
MINDS

WHAT CHANGES WHEN YOU TRAIN YOUR MIND

A word from my clients

“

This journey wasn’t just about mindset; it created tangible shifts in how I lead, communicate, and show up in both business and life.

Nichola – Managing Director

One of the biggest benefits has been the shift in my overall outlook. I find myself approaching challenges with more positivity and clarity, rather than getting stuck in frustration or worry.

Thomas – Senior Brand Director

Working with Warren changed something in me, and I don’t say that lightly. The impact went beyond work. I’ve noticed a real shift in how I handle pressure, make decisions and, unexpectedly, show up as a parent.

Kirstin – Head of Customer Experience

”

MENTALLY FIT
MINDS

DISCOVER WHAT MAY BE QUIETLY HOLDING YOU BACK

TAKE THE FREE SABOTEUR ASSESSMENT

Identify the mental patterns that may be influencing how you respond to pressure and change.

BOOK YOUR COMPLIMENTARY DISCOVERY SESSION

In 60 minutes, we'll explore what your results mean, where these patterns may be affecting you and what a practical way forward could look like.

No cost. No obligation. No pressure.

Choose to train your mind.

REQUEST THE FREE SABOTEUR ASSESSMENT →

mentallyfitminds.uk