

DMAT - DEVELOP MENTAL AGILITY AND TOUGHNESS

ENTHUSIASM IS COMMON. ENDURANCE IS RARE



BUILDING A CULTURE OF RESILIENCE

WE ARE BORN A FOREST, DON'T DIE A GARDEN

Core Values

Bias for Action
Frugality
Learn / Unlearn / Relearn
Rise in Adversity
Clarity

Module (One Session of 3 Hours i.e. 90 Minutes x 2)

- 5 Major Reasons Why People Give Up
- 10 Habits of Mental Agility and Toughness
- 10 Tips on Developing Habit Resilience
- 5 Steps to Growth and GRIT

Target Audience - Universal

**LIFE DOESN'T GET EASIER OR MORE FORGIVING, WE GET STRONGER AND MORE RESILIENT.
"TO TRULY MANIFEST THE LIFE YOU WANT, YOU NEED PERSEVERANCE. WITHOUT GRIT, TALENT
MAY END UP BEING UN-MANIFESTED POTENTIAL."**