

DMAT - DEVELOP MENTAL AGILITY AND TOUGHNESS

FAILING IS FINE - NOT RISING AGAIN IS NOT



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 120 Minutes)

- 10 Habits of MAT
- Effort > Results
- Mind & Body connection
- Incorporate stress / recovery into all aspects of life

Target Audience - Universal

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ONLINE LEARNING EXPERIENCE



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