

FEATURED EXPERIENCE

The Official Opening.

*Confidence and focus are not fixed traits.
They are trainable skills.*

Kanchana Moodliar, founder of the Mind Matters Summit, officially opens Mental Mastery Week and introduces David Hans-Barker, whose free daily Vipassana sittings anchor the week. Zuraida Jardine then takes the room into the opening session on mental fitness: what it is, why it can be trained like physical fitness, and how her Brave Framework turns that training into daily practice.

THE FORMAT

90 minutes · Up to 100 participants
Tue 20 Oct, 11h00 to 12h30
Parkview Event Space, Woodstock

MIXED

MEDIA INVITED

Free for Summit ticket holders · R250 public (TBC)

One room. Ninety minutes. Five movements.

1

The opening

Kanchana Moodliar, founder of the Mind Matters Summit, officially opens Mental Mastery Week: why this movement exists, and why it begins here.

2

The anchor

Kanchana introduces David Hans-Barker, whose free daily Vipassana sittings anchor the entire week.

3

Mental fitness, defined

Zuraida takes the room into the opening session: what mental fitness is, and why it can be trained like physical fitness.

4

The Brave Framework

How Zuraida's Brave Framework turns that training into daily practice, with tools for the moment stress hits.

5

The week ahead

Snippets of what attendees can expect from every workshop in the week ahead: a complete picture of the movement in one room.

Zuraida Jardine

Mental Fitness Coach

South African media host and speaker with 25 years in the industry. Zuraida holds an Honours degree in Psychology and is an internationally certified Functional Medicine Health Coach and advanced breathwork practitioner. Her Mental Fitness Method blends neuroscience with practical tools you can use the moment stress hits.

Unslave Your Mind™

What participants leave with:



Mental fitness, defined

A clear understanding of what mental fitness is, and why it can be trained like physical fitness.



The Brave Framework

Zuraida's framework for turning mental training into a daily practice.



Tools for the moment stress hits

Neuroscience made practical: techniques usable the same day, not someday.



The whole picture

Why the movement exists, why it begins here, and where the week goes next.



A preview of every workshop

Snippets of what to expect from each session across Mental Mastery Week.



The anchor practice

An introduction to David Hans-Barker and the free daily Vipassana sittings.

One room, ninety minutes, and a complete picture of the movement. The single best session for media to attend, and media are specifically invited.