

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, 10h00 to 11h30

Parkview Event Space, Woodstock

MIXED

MEDIA INVITED

Free for Summit ticket holders · R250 public

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

Zuraida Jardine is a researcher, speaker, and broadcaster with 30 years in the industry. She is currently pursuing a PhD in Mental Fitness. Her Mental Fitness Methods blend neuroscience with mindfulness-based interventions to support high performance and regulate emotions.

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.