



# Strengthen Your Mental Game

## 60 Day Program Syllabus

**Host: Victory Wellness Coaching Services**  
**Coach: Tori Carroll, MSW**  
**Location: Zoom (link upon registration)**

**2021 Session Dates: TBD**  
**Session Times: TBD**

Welcome to Strengthen Your Mental Game!

Have you had trouble setting realistic goals, keeping motivated, and/or following through? In Strengthen Your Mental Game, you will gain confidence in your ability to set and achieve goals, identify personal roadblocks, and walk away with tips and tricks of how to utilize your mental wellness to your advantage.

**In this five-session experience, you'll learn how to use self-awareness to strengthen your mental game to set and achieve goals that actually stick.**

**\*Maximum of 10 participants per group to ensure quality of experience**

### What is included:

- Free 30 minute Individual Initial Consultation
- 4 one-hour virtual group sessions within 60 days (2x per month)
- One individual 30 minute session (optional)
- Welcome Kit
- Maximum of 10 participants per group to ensure quality of experience
- Unlimited Email Communications
- Curriculum rooted in up-to-date mental wellness and positive psychology research

### Outcomes

- Create a customizable and realistic, 3-goal plan with a coach according to client's personal strengths
- Break out of the punitive goal-setting mindset
- Take a Wellness Inventory to identify areas to strengthen
- Collaborate with teammates

### Activities

- Meet others facing similar issues
- Take a personal Wellness Inventory
- Goal-Setting Mindset Plan
- Wheel of Life Activity
- Individual goal-setting activities
- Journaling activities
- Group discussions
- One-on-one session with Tori Carroll
- Relaxation and focusing exercises
- Independent goal-setting tips

### Participants will discover

- How to independently identify potential goal opportunities
- How to integrate mental strengths into their own goal-setting process
- The power of sharing experiences with others
- Tips for setting achievable and sustainable goals
- Tips for integrating mental wellness into their lives
- How to plan effectively for the obstacles they will face before, during and after setting a goal

\*This a mindset program, not therapy. Serious mental health concerns should be directed to a mental health professional.