



# CONDITIONED

8-WEEK MINDSET FIGHT CAMP

This isn't about walking in thinking you're unbeatable. It's about trusting your preparation, managing your mind under pressure, and showing up when it matters most.

Fight camp conditions your body for war. This one conditions your mind. Over eight weeks we build the mental side of your performance — the self-belief, composure and pressure tolerance that decide how you fight when the lights come on. It's practical, personal work, built around you and your next fight.

## WHAT YOU'LL GET

- 8 × 60-min 1:1 sessions
- Identifying the mindset that helps you perform—and the one that gets in your way
- Practical performance strategies
- Personalised fight-week mental plan
- **CONDITIONED.** Fight Camp App for reflections, mindset work & tracking

## WE MAY WORK ON

- Self-belief & fighter identity
- Minimising & self-doubt
- Nerves & pressure
- Responding to setbacks
- Focus & composure
- Confidence without needing certainty

8 WEEKS | \$1,850

You've conditioned your body.  
Now condition your mind.

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# CONDITIONED. | RECONDITION

## 20-WEEK BEHAVIOUR & IDENTITY TRANSFORMATION

**This isn't about becoming someone new. It's about understanding how you were conditioned — and choosing what comes next.**

Your behaviours didn't appear overnight — they were conditioned over a lifetime. Over 20 weeks we explore how your experiences shaped the way you think, feel and respond to the world, then use practical, evidence-informed coaching to recondition the patterns that no longer align with the person you want to become.

### WHAT YOU'LL GET

- 20 × 60-min 1:1 sessions
- Identifying the unconscious patterns, triggers and protective strategies running your life
- Practical, evidence-informed strategies
- Personalised between-session practices

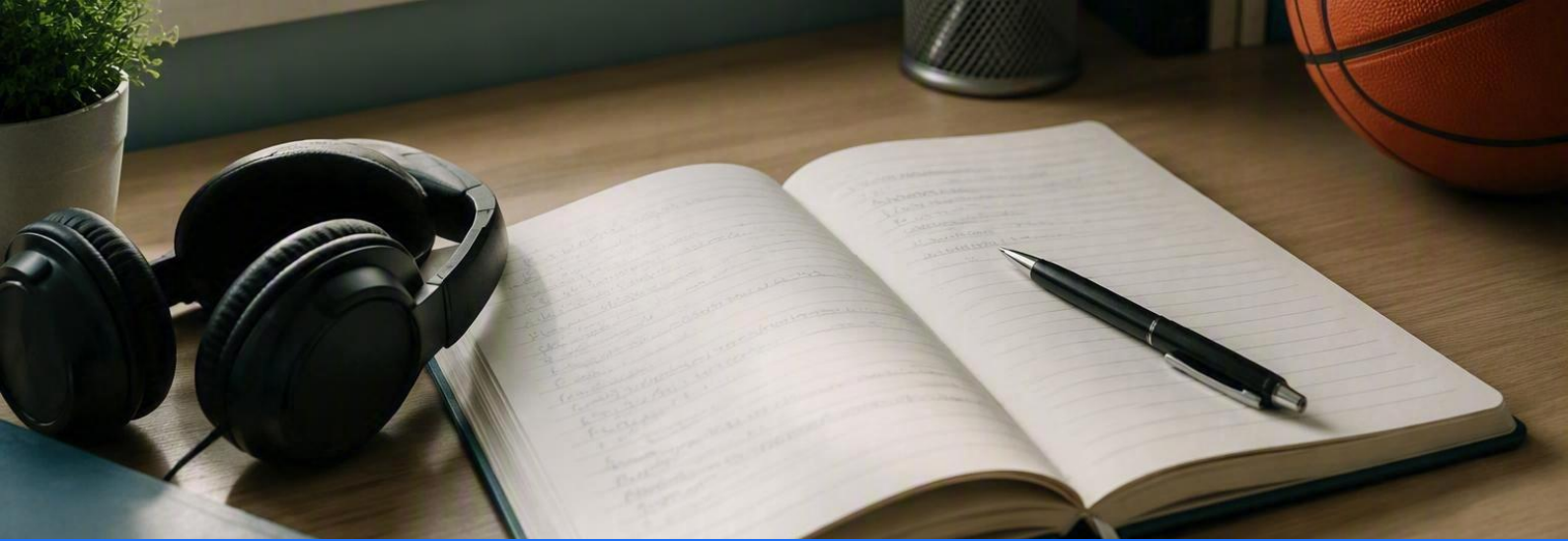
### THIS JOURNEY WILL HELP YOU

- Understand yourself on a deeper level
- Break unhelpful patterns and cycles
- Improve emotional regulation
- Strengthen relationships and communication
- Build confidence and self-trust
- Create a life that feels aligned

**20 WEEKS | 1:1 COACHING IN  
PERSON & ONLINE**

**Your behaviours were conditioned over a lifetime.  
Now let's recondition them. Book a “Let’s Chat” call**

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# THE RIGHT TOOLS CHANGE EVERYTHING

FOUNDATIONAL 8-WEEK TEEN MINDSET PROGRAM  
(13-17 YEARS)

**Every teen is different, which is why every program is individually tailored to where they're at and what they need most.**

No fluff. No one-size-fits-all approach. Just practical, evidence-informed coaching tailored to your teen. Over eight weeks we build foundational mindset skills that help them navigate sport, school, friendships and pressure. Ongoing coaching options available after the 8-week program to suit ongoing needs of the teen.

## OVER 8 WEEKS, YOUR TEEN MAY DEVELOP SKILLS IN

- Emotional regulation
- Managing anxiety & stress
- Confidence & self-esteem
- Motivation & performance
- Growth mindset & resilience
- Identity, values & healthy coping

## EXPECTED OUTCOMES MAY INCLUDE

- Increased confidence
- Better emotional regulation
- Reduced anxiety and overwhelm
- Improved communication & relationships
- Greater resilience through challenges
- A personalised toolkit they can keep using

**AGES 13-17 | 1:1 COACHING, IN  
PERSON & ONLINE - \$1,850**

**Practical tools. Real change. Lasting impact.  
DM to book a free 15 min "Let's Chat" call.**

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# 1:1 COACHING

TAILORED INDIVIDUAL COACHING — 8, 10 & 12  
WEEK PACKAGES

**This isn't a set program you're squeezed into. We identify your goals in the very first session, then build the work around them.**

Every person arrives with something different they want to shift. From your first session we get clear on what matters most to you. Upon completion, further options for ongoing coaching are available, shaped around your individual needs.

## WHAT YOU'LL GET

- Goals identified in your first session
- Weekly 60-min 1:1 sessions
- A plan built entirely around you
- Practical, evidence-informed strategies
- Ongoing coaching options on completion

## WE MAY WORK ON

- Confidence & self-belief
- Motivation & performance
- Stress & pressure
- Mindset & self-talk
- Focus & consistency
- Habits that stick

## 8, 10 & 12 WEEK PACKAGES

**Your goals, your pace, your plan.  
Let's work out what you need most. Book a “Let's Chat Call”**

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