



# Life In Balance CAREERS

Your Life, Your Business,  
Your Passion.

Our contribution to the mental well-being of  
people in these challenging times

# MENS SANA

*Latin for Healthy Mind*

## MENS SANA

Mens Sana is the Latin term for Healthy Mind. The substance of the Mens Sana program took six years to develop and write, the co-authors had 100 years of academic training in psychology, literature, history and business. We offer you this personalised coaching, not just to help you through these challenging times but also to provide you with the tools to emerge empowered, stronger and more resilient than ever. Tens of thousands of people have experienced this course. Mens Sana will help you to discover your real purpose, set a plan to achieve that and empower you to negotiate whatever life throws at you. Right now, we all need a healthy mind. We wish you and your family, Mens Sana.

## CONTENTS

- **Section 1** Goal Setting – Discovering Your Ikigai

## MODULES

- **Module 1** Commitment
- **Module 2** The Road to Fulfilment
- **Module 3** Procrastination
- **Module 4** Achieving a Balanced Life
- **Module 5** Accepting Your Reality
- **Module 6** Conformity
- **Module 7** Your Thoughts and Words
- **Module 8** Handling Stress
- **Module 9** Thinking and Living Creatively
- **Module 10** Mind Mastery
- **Module 11** Emotional Management
- **Module 12** Movement and Exercise

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