

MEN(tor):

Iron Sharpens Iron: Stronger Together

Neuro-Led Men's Health, Strength, and Purpose

Innovative approaches to enhance wellbeing and personal growth

Neuro-Led

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Launch Overview and Purpose

MEN(tor) Vision and What to Expect

Action-Oriented Mentorship

MEN(tor) emphasizes guided, actionable mentorship focused on moving from awareness to meaningful change.

Three Core Life Domains

The launch features focused talks on medical awareness, physical vitality, and mindset to address common gaps.

Community and Accountability

MEN(tor) builds a supportive community rooted in clarity, brotherhood, and shared growth challenges.

Practical Tools and Commitments

Small, achievable weekly commitments and neuro-led micro-practices empower consistent, sustainable behavior change.

Medical TOR: Health Awareness Through Action

Medical TOR – Know Your Numbers



Empowering Health Ownership

Encourages men to proactively understand medical indicators and take charge of their health.

Understanding Core Metrics

Explains blood pressure, cholesterol, and glucose in simple terms and their impact on longevity.

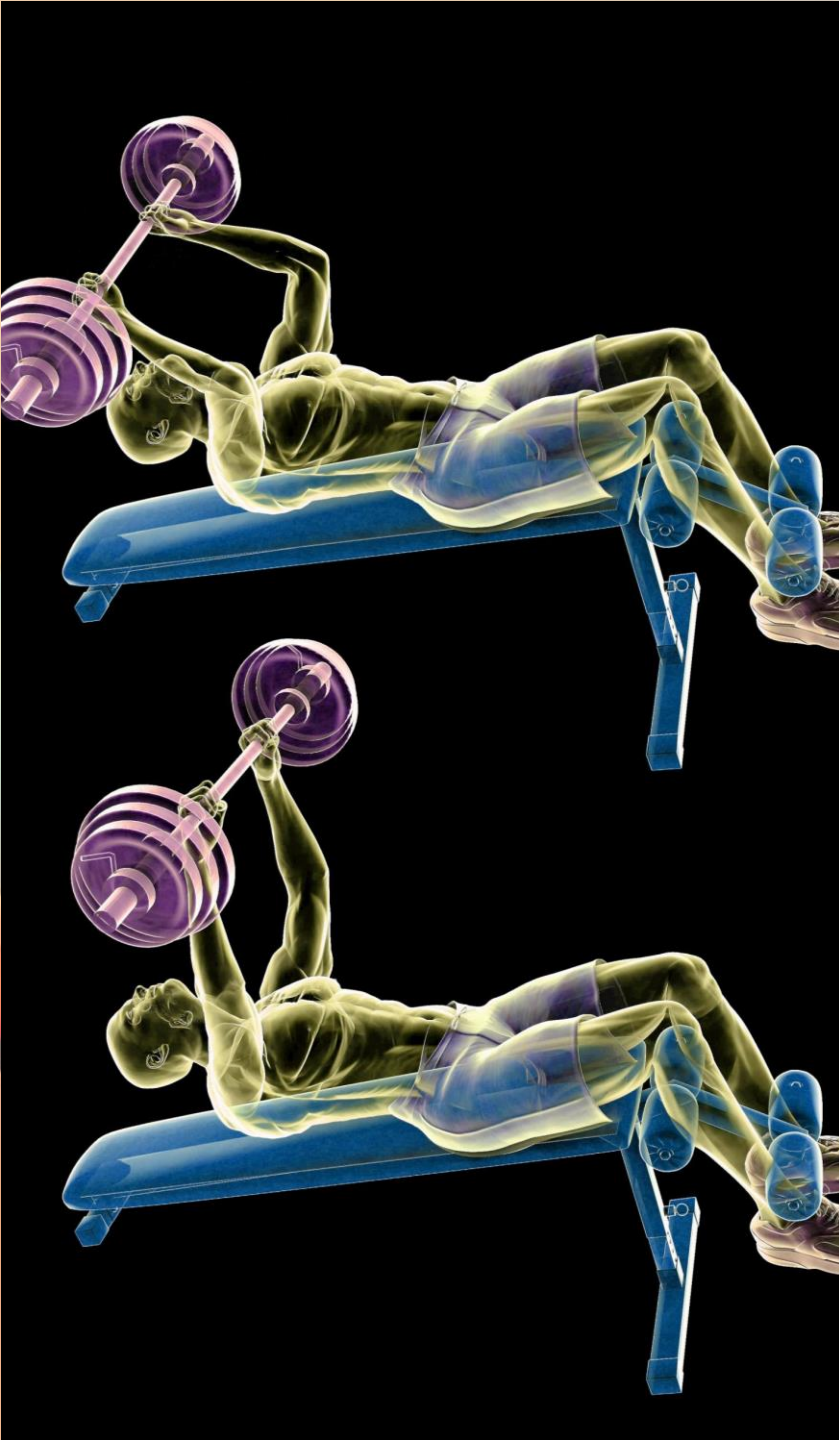
Screening and Early Action

Highlights the importance of colon and prostate screening to reduce fear and misinformation.

Strategic Medical Partnership

Positions medical care as a collaborative process with healthcare providers for better outcomes.

Body TOR: Strength and Energy



Body TOR – Strength, Energy, and Fuel

Balanced Fitness Framework

The session promotes a weekly routine balancing strength, mobility, and cardiovascular activity for resilience and injury prevention.

Foundational Nutrition Principles

Emphasis on simple nutrition focusing on protein intake, hydration, and meal timing to boost energy and recovery.

Recovery as Performance Multiplier

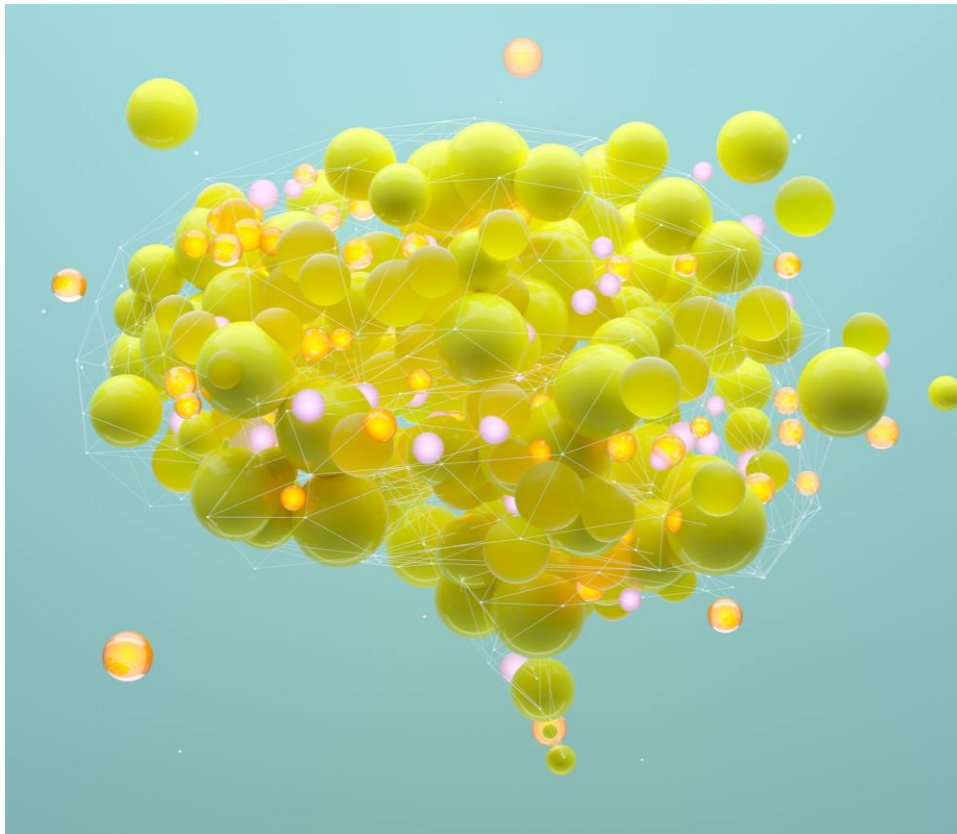
Recovery includes quality sleep, stress management, and rest days, vital for physical progress and motivation.

Momentum Over Intensity

Small, consistent actions build confidence and progress, reducing burnout and normalizing setbacks as part of growth.

Mindset TOR: Purpose and Mental Fitness

Mindset TOR – Purpose, Meaning, and Mental Fitness



Neuro-Led Mental Fitness

The Neuro-Led approach develops mental fitness through nervous system alignment, not just motivation or positive thinking.

Fixed vs Growth Mindset

Distinguishing fixed and growth mindsets explains how beliefs shape decisions, resilience, and behavior under pressure.

NL Micro-Reset Practice

The Micro-Reset technique uses attention, emotion, choice, and action to pause and respond thoughtfully in pressure moments.

Purpose and Mental Fitness

Purpose is expressed through daily choices and values, while mental fitness strengthens leadership and personal fulfillment.

Community, Commitment, and Next Steps

Leaving with Clarity, a Plan, and Support



Neuro-Led Mindset

Living, leading and learning with purpose

Community and Support

MEN(tor) fosters a supportive community where shared experiences reduce stigma and increase motivation.

Clarity and Personal Planning

Participants are guided to create clear, simple plans with intentional weekly actions for sustained growth. Grow versus Fixed Mindset

Accountability and Growth

Accountability and connection help sustain momentum and challenge participants towards meaningful change.

Ongoing Engagement Opportunities

MEN(tor) offers continued sessions, memberships, and partnerships to extend growth beyond the webinar.