

# MENTAL TOUGHNESS PACKS



2025

# SHORT PROGRAM

1. Our short program is designed to cover basic mental toughness skills that athletes need to achieve desired results on the field
2. The program usually is covered in 8-12 sessions
3. Assessments supporting the focus of the program are included and reported



# LONG PROGRAM

1. Our long program is designed to cover mental toughness skills that are essential for athletes need to achieve desired results on the field
2. This program is for the committed individuals only
3. The program usually is covered in 14-17 sessions
4. Assessments supporting the focus of the program are included and reported



# FLEXIBLE PACKAGE



1. Our standard coaching packages include 5 sessions
2. Our sessions are hybrid in person and online if the player is located in Egypt
3. Assessments are employed when needed to navigate the challenges as we progress
4. Our sessions and coaching targets are set as per demand.

# About mtc growhub

**“ we don’t deliver trainings,  
we develop minds “**

Mental Toughness Coaching (mtc) Grow Hub established in 2020 with the vision of being a leading provider of specialized mind development services, catering to athletes and corporate employees alike. Our mission is to empower individuals to unlock their full potential, cultivate resilience, and achieve peak performance in both their personal and professional lives.

At mtc Grow Hub, we understand the integral role of the mind in achieving success and overcoming challenges. Our team of highly trained and experienced coaches combines cutting-edge techniques with proven strategies to help individuals develop the mental skills necessary to thrive in today's competitive world.

In the corporate domain, mtc Grow Hub delivers targeted training programs and workshops that empower employees to thrive in high-pressure environments, navigate change with resilience, and maintain optimal well-being. Our programs address critical areas such as stress management, leadership development, teamwork, and effective communication, fostering a culture of growth and peak performance within organizations.

For athletes, we offer tailored mental toughness coaching programs designed to enhance focus, boost confidence, and optimize performance under pressure. Our coaches work closely with athletes to identify and overcome psychological barriers, develop effective coping mechanisms, and cultivate a winning mindset.

What sets mtc Grow Hub apart is our holistic approach to mind development. We recognize that true mental toughness encompasses more than just a strong mindset—it encompasses emotional intelligence, self-awareness, and personal growth. Our trainers and coaches provide personalized guidance, practical tools, and ongoing support to ensure sustainable transformations and long-term success for our clients.

Whether you're an athlete aiming for peak performance or a corporate professional striving for excellence, mtc Grow Hub is here to help you unlock your potential, conquer challenges, and achieve your goals. Join us on this transformative journey and discover the power of a strong mind.

# Learning Excellence Unleashed



mtc Grow hub crafts personalized memorable learning journeys that accelerates the development leading to improved knowledge retention and practical application in real-world scenarios.

Through our gamified workshops or group coaching, participants actively participate, collaborate, and apply the intended principles in a inspiring and stimulating environment ensuring they are fully engaged. Our workshops are designed as learning bites, delivered in a hybrid format to accommodate different learning styles and enforce transformation into the digital era.

At mtc we design our programs based on the needs and background as well as age of the participants, where we have experience in working with diverse backgrounds from different governorates accross Egypt, starting the age of 12.

# OUR CLIENTS

BY SECTOR

## CORPORATE



## SPORTS

Our sports clients play for major clubs



# OUR PARTNERS

