



The Resolute Mind

RESET. REFOCUS. REGAIN

BY KRITI MONGA

Reset. Refocus. Regain.

At **The Resolute Mind**, we believe that true excellence is achieved by mastering both the mind and body. Founded by **Kriti Monga**, a dedicated **Sport and Performance Psychologist** in India, we specialize in helping athletes and organizations unlock their full potential by cultivating mental resilience and emotional strength.

Our approach is built on the understanding that high performance comes with high pressure. We partner with individuals and teams who are passionate about pushing their limits and achieving their goals. Through personalized mental training programs, we empower our clients to navigate challenges, maintain focus under pressure, and perform at their best — consistently.



WHAT WE OFFER

- **Evidence-Driven Solutions:** Applying techniques from **Cognitive Behavioral Therapy (CBT)**, and Neurofeedback to strengthen mental performance.
- **Customized Support:** Tailored mental training programs that address the unique needs of athletes, coaches, and high-performing individuals.
- **Holistic Growth:** Enhancing self-confidence, focus management, and emotional resilience to achieve sustained success.

WHY CHOOSE US?

- Extensive experience as a competitive athlete and a **sports psychologist** with expertise in mental training for elite performers.
- A commitment to combining science-backed methods with personalized care to help clients excel.

Whether you're preparing for a critical competition, overcoming mental roadblocks, or aiming to sharpen your focus, **The Resolute Mind** is your partner in mental mastery.

Reset. Refocus. Regain. Your journey to peak performance starts here.

Let's explore your true potential.

ARE YOU LIVING to Your Full Potential?

For many of us, the answer is uncertain.
"Sometimes, I think so. Maybe? I'm not sure."

Or perhaps it's more straightforward:
"No."

Instead of boldly pursuing success, we often find ourselves simply trying to avoid failure. The desire to take bigger risks and chase ambitious goals is there — but when we're faced with uncomfortable or challenging situations, we hesitate. We pull back.

We want to rise to the occasion. We want to show up as the best version of ourselves. But instead, we retreat. We stay within the comfort zone — because it feels safer.

Have you ever wondered why that happens?

Why, when life offers us the opportunity to step up and grow, do we sometimes hold ourselves back?

THIS IS WHERE Change Begins

At **The Resolute Mind**, we understand the mental barriers that keep you from reaching your full potential. Through personalized **individual sessions**, we work with you to:

- **Identify What's Holding You Back:** Uncover limiting beliefs and patterns that keep you stuck.
- **Build Mental Resilience:** Develop practical tools to face challenges with confidence.
- **Enhance Performance Under Pressure:** Train your mind to stay focused and composed, even in high-stakes situations.
- **Regain Control:** Shift from fear of failure to a mindset of growth and self-trust.



Whether you're an athlete striving for peak performance, a professional navigating workplace challenges, or someone seeking personal growth, **our sessions are tailored to your unique journey.**

It's time to stop playing it safe.

Your fullest potential is waiting. **Are you ready to claim it?**

OUR SERVICES

We offer tailored support across three powerful pillars:



One-on-One
Performance Coaching



Team Training
& Workshops



Mental Edge Programs
for Parents & Coaches

FOR INDIVIDUALS:

Athletes / Performers

Unlock your winning mindset with our Mental Mastery Toolkit.

Our modules are designed to elevate your inner game and bring consistent peak performance, no matter the arena.

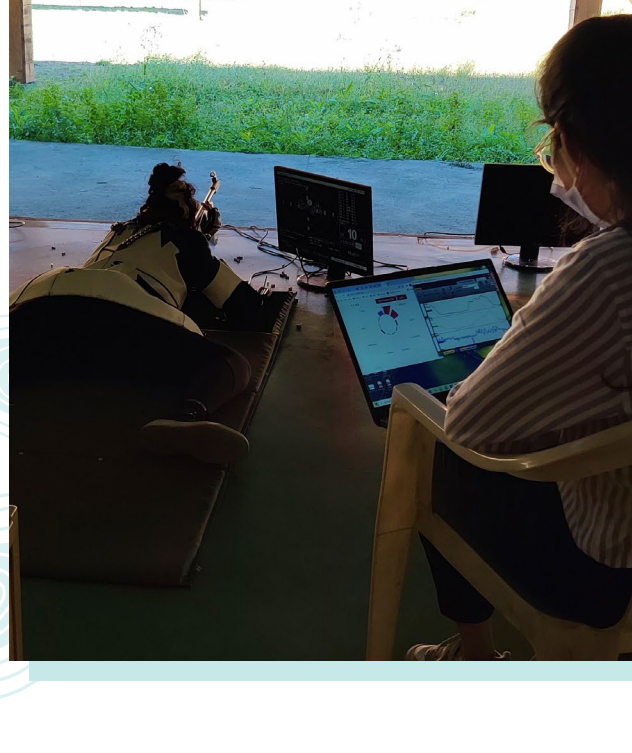


The
Resolute
Mind

RESET. REFOCUS. REGAIN

MODULES WE OFFER

- **Focus Like a Pro** – Train your mind to block distractions and stay locked in when it counts.
- **Mental Rehearsal: The Power of Visualization** – Create success in your mind before it happens in real life.
- **Confidence, Backed by Science** – Build unshakable belief through proven psychological techniques.
- **Goal-Setting with Precision** – Set bold targets and develop the mindset to hit them dead-on.
- **Fueling Motivation from Within** – Discover what truly drives you and keep your inner fire burning.



- **Mental Toughness Decoded** – Redefine grit and resilience with strategies that last.
- **Rituals That Win Races** – Build pre-performance routines that put you in the zone, every time.
- **Thriving Under Pressure** – Stay composed and deliver your best when the stakes are high.
- **Energy Management Mastery** – Learn to pace, recover, and recharge like a pro.
- **Resilience Reloaded** – Bounce back from setbacks stronger, smarter, and more determined.

FOR TEAMS:

Champions are Built Together

Mental conditioning for teams that want to perform with unity, purpose, and resilience.

Our team programs are designed to enhance communication, strengthen

TEAM MINDSET TOOLKIT

Here's your team's mental playbook for peak performance:

MODULES WE OFFER

- **Speak Like a Team** – Master the art of clear, constructive communication under stress and in success.
- **Athlete Leadership Lab** – Shape confident leaders who inspire, unify, and step up when it matters most.
- **Own the Pressure Together** – Learn how to support each other in high-stakes moments and turn pressure into performance.
- **Team Identity & Culture** – Define what your team stands for and create a mission that every player buys into.



The
Resolute
Mind

RESET. REFOCUS. REGAIN

- **From Individuals to a Unit** – Build trust, chemistry, and accountability across your roster.
- **For Coaches: Building Team Chemistry That Lasts** – Equip yourself with tools to nurture connection, resolve conflicts, and lead with empathy.
- **For Players: The "We Before Me" Mentality** – Develop a selfless, team-first mindset that fuels collective success.
- **Winning Together** – Learn how group rituals, shared values, and unified focus can translate into consistent results.



MENTAL EDGE PROGRAMS FOR

Coaches & Parents

Support that shapes success.

Behind every successful athlete is a support system that believes, understands, and communicates with purpose. Our Mental Edge Programs are designed specifically for coaches and parents who want to positively influence an athlete's mindset, motivation, and long-term development.

Drawing on core principles from Sport Psychology for Dummies and other evidence-based approaches, we offer practical, actionable guidance tailored to the unique challenges of guiding today's athletes.

FOR COACHES: Coaching the Mind. Not Just the Body

Modern athletes need more than physical training — they need mental coaching too. Our program helps coaches build the psychological foundation that fuels consistency, confidence, and teamwork.



The
Resolute
Mind

RESET. REFOCUS. REGAIN

MODULES INCLUDE:

- **Coaching Today's Athlete** – Learn what motivates the current generation and how to adapt your coaching style.
- **Creating a Positive Team Culture** – Promote values like respect, trust, and accountability.
- **Emotional Intelligence for Coaches** – Recognize your own mental patterns and communicate more effectively with players.
- **Handling Setbacks and Slumps** – Support your athletes when performance dips or pressure mounts.
- **Building Mental Toughness in Your Athletes** – Practical tools to help players focus, recover, and stay driven.

FOR PARENTS:

Be the Support.
Not the Stress

Parents play a powerful role in shaping an athlete's confidence and emotional well-being. This program helps you create a nurturing environment that encourages growth — without adding pressure.

MODULES INCLUDE:

- **Parenting an Athlete: Be More than a Fan** – Learn how to offer emotional support and encourage without oversteering.
- **Encouragement Over Pressure** – Understand the difference between motivation and pushing too hard.
- **Pre-Game Mindset** – How to help your child feel prepared without adding stress.
- **Cheering the Right Way** – Tips on how your body language, tone, and words impact performance.
- **When They Want to Quit** – Learn how to have open, supportive conversations during challenging times.
- **Building Resilience at Home** – Help your child cope with failure, bounce back, and stay passionate about their sport.



WHY IT MATTERS

"A coach's words can inspire. A parent's support can empower. Together, they build the mental strength behind every great athlete."

Our programs give you the knowledge and tools to play your role with clarity, empathy, and confidence — shaping not just better athletes, but stronger, happier individuals.

WHO WE WORK WITH

- You're an athlete chasing specific goals, and you believe sharpening your mental game could unlock even higher levels of performance. You're ready to put in the work to reach your full potential.
- You're a coach who understands that peak performance isn't just built in the gym or on the field — it's shaped in the mind. You want to give your athletes every advantage to succeed.
- You're a parent who wants to be the right kind of support system — empowering your child's athletic journey with the mental tools they need to thrive.



Connect with The Resolute Mind to begin your journey toward mental excellence and peak performance.

[Book a session with us](#)



+91 80541 08485

info.theresolutemind2025@gmail.com