

# Live Your "100"

Professional development created by an educator and designed for improving the mental health of your educational staff. Grow your school culture by helping each educator grow their individual social emotional intelligence. They will learn to reach their full potential by learning to own and adjust their mindset. Teaching is a challenge, help them learn to face it with a smile.



## Personalized Professional Development

Live Your "100" seminars are part motivational story, part educational, and part coaching. Audience members will stay engaged due to useful activities, both personal and group. They will also enjoy Matt's witty sense of humor. Powerful social emotional training will benefit your work and home life long after the session is over, and Live Your "100" does just that. Participants will leave with a personal, useful plan to help them flourish in every aspect of their life.

### ***Damon Hackett, Superintendent***

*"Matt pushed our staff to move outside of their box. He inspires, encourages, and challenges you to find a more positive mindset."*

### ***Jennifer Hayes, Teacher and Coach***

*"He was phenomenal! His presentation was the best blend of personal and professional!"*

## → Experience and Training

Matt Thomann  
Owner of Mental Mettle Coaching  
Coach and Motivational Speaker  
Educator, Father, Husband, Survivor  
MA, IFC ACC, LSCC

## → Educators will

- Assess their current mindset.
- Own their abilities **and** struggles.
- Develop accountability together.
- Learn to face the challenges of teaching with a positive attitude.
- Prevent "burnout" by learning to live and teach with purpose.
- Ultimately grow school culture.

## → Flexible Options

- Adjusted for groups from 10 - 10,000
- Virtual webinar available.
- Adjustable time frames, from 1 hour to full day seminar.
- Ask for a quote.

CONTACT COACH THOMANN  
FOR MORE INFORMATION

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