Awareness. Wellbeing. Excellence.

SMERT™

Self-Mastery, Mindfulness, Excellence, Resilience Training

SMERT™ is a nine-week, research-based, experiential programme drawing on ten pillars of interdisciplinary practice and the Mental Wealth and Human Potential frameworks that equips people with the inner resources to navigate this world — to build resilience, master their mind, live and lead with excellence.

It unfolds as a core nine-week journey: eight structured weekly sessions, opened by a live introduction and consolidated by a full-day, in-person integration day. Delivered as **Basic** and **Master** levels.

For young people

SMERT™ — self-mastery, mindfulness, excellence and resilience for **16–25s**.

For organisations

Retreats, intensives and leadership programmes for teams and leaders.

SMERT™ Corporate Intensive (3 days)
SMERT™ Retreat · SMERT™ for Executives

For: young people (16–25), professionals, trainers and coaches.

The core nine-week journey

Live introduction · 60 minutes, online · Storytelling, the research case and a map of the journey.

Week 1

The art and science of stress
Understand stress and resilience; build your first toolkit.

Week 2

Mindfulness and mindful living
Train attention and presence, on and off the cushion.

Week 3

Happiness and wellbeing
Explore evidence-based routes to a meaningful, contented life.

Week 4

Flourishing and gratitude
Broaden strengths, positive emotion and radical gratefulness.

Week 5

The philosophy of personal mastery
Practise consciousness, control, coherence and contentment.

Week 6

Excellence and success: seven pillars
Apply mastery through connection, communication, character and contribution.

Week 7

Lifestyle medicine: six pillars
Build the daily habits of sleep, movement, nutrition and more.

Week 8

Self-compassion and authentic living
Meet setbacks with kindness and integrate the whole journey.

Week 9 · Full-day, in-person integration: Seeing the big picture - from A to Zen. Consolidate eight weeks of learning into one coherent, lived whole.

Outcomes — the 5 B's of Transformation

Building · Being · Becoming · Bouncing Back · Belonging

Shaped by science, inspired by art, rooted in spirit, held by community.

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