



The Mental Game Program by Brandon Saho

A one-hour, interactive experience designed to equip attendees with tangible strategies for managing mental health, regulating emotions, and supporting one another.

This program is designed for students, educators, corporate teams, and communities, making it adaptable for audiences of all ages and backgrounds.

Program Overview:

1. Introduction to The Mental Game Podcast

- Brandon shares the journey behind **The Mental Game**, his widely recognized mental health podcast.
- Attendees watch powerful **footage from past interviews**, featuring celebrities, athletes, and public figures opening up about their mental health struggles and victories.
- The goal is to **normalize conversations** around mental health by demonstrating that even the most successful individuals face challenges.

2. Proven Techniques for Emotional Regulation

- Brandon introduces **research-backed strategies** developed in collaboration with the **Ohio Suicide Prevention Foundation** and mental health professionals.
- **Guided exercises** help attendees recognize and regulate their emotions in real-time, demonstrating the effectiveness of these techniques firsthand.
- Key focus areas include:
 - **Managing stress and anxiety**
 - **Building resilience in difficult situations**
 - **Developing self-care and coping mechanisms**
 - **Recognizing when to seek support for yourself or others**

3. Open Forum Discussion: Supporting Each Other's Mental Health

- A guided, **interactive discussion** where attendees can share thoughts, ask questions, and discuss how to create a culture of support.
- The emphasis is on **destigmatizing mental health** and equipping participants with **tactics to support themselves and others** through challenges.

4. Meet & Greet with Brandon Saho

- The program concludes with a **personal meet & greet**, giving attendees the chance to connect with Brandon, ask additional questions, and discuss key takeaways.



- This creates an opportunity for one-on-one engagement and further reflection on the session's impact.

What Attendees Will Walk Away With:

- ✓ **Actionable techniques** to regulate emotions and handle stress effectively.
- ✓ **Tactics to support others** facing mental health challenges.
- ✓ **Resources for further help**, including professional support options.
- ✓ **A renewed sense of community** and the knowledge that they are not alone in their struggles.

Booking The Mental Game Program

1. Confirm Date & Time

- The client finalizes the **date and time** for the program.
- We ensure availability and lock in the event details.

2. Contract & Payment

- A **contract** will be sent for signature.
- An **invoice** will be issued, with payment due **within 30 days of contract execution**.

3. Receive The Planning Playbook

Once the contract is signed and the date is confirmed, we send the **Planning Playbook**, which includes:

- ✓ **Planning Checklist** – A step-by-step guide to ensure a smooth event.
- ✓ **Pre-Show Questionnaires** – Helps tailor the program to the audience's needs.
- ✓ **Production & Hospitality Requests** – Outlines setup requirements for staging, A/V, and logistics.
- ✓ **Customizable Marketing Materials** – Includes flyers, digital assets, and social media templates to promote the event.
- ✓ **Program Overview for Parents** – A detailed summary to share with parents, ensuring they understand the program's goals and impact.

4. Final Event Coordination

- **One week before the program**, we'll reach out with final details to confirm logistics, answer last-minute questions, and ensure everything is ready for a seamless experience.