





Polly Brennan, founder of Adventurous Coaching & creator of The Mental Fitness Kitbag™ Model teaches strategies to strengthen mental health & wellbeing. Polly is a renowned Mental Fitness coach, podcaster, and keynote speaker who is available for media interviews.

With her solution focused approach she helps people to tap into their own resourcefulness and to have the tools to build their own mental fitness kitbag. Her best hopes ... that you might uncover ways to strengthen your mental fitness so that you can make the best of the rest of whatever life holds.

Polly is an ambassador of micro- adventuring, a triathlete, and an out of office thriver.

# Popics 9 regularly speak about:

- The importance of talking mental health -It's everybody's business
- Why prehabilitation is a more desirable approach to rehabilitation
- The 9 key areas of mental fitness
- Adventuring as a mental fitness strategy
- The perfect storm A personal mental fitness story

## Recent Guest Appearances

- Man Cove Wellbeing Talk Show
- World Health Heroes Triumphing in the face of adversity/Mental health veteran documentary
- How to manage your mental health in a fast paced world - Polly Brennan & John Mew
- Nurture Your Zest podcast

## Questions that 9 can answer:

- What is mental fitness?
- Why is strengthening our mental fitness muscles important?
- What are the most significant challenges of modern day life that affect our mental health?
- How can adventures help us improve our wellbeing?
- What are your top 3 tips for mental fitness?

### Media Resources:

www.adventurouscoaching.com to subscribe to Polly's Weekly Challenge, or to download the mental fitness Ebook Adventurous Coaching YouTube Channel

#### Contact Details

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