



Lena Scullard presents...

Stitch It Up!

A Mantra for Mental Resilience

Build resilience in the hard moments of life through awareness, acceptance, attitude, and accountability.



Program Summary

Stitch It Up! is a dynamic program that helps participants build mental resilience by applying the 4 mental stitches: Awareness, Acceptance, Attitude, and Accountability. This program empowers individuals to stretch the space between stimulus and response, overcome stress, and navigate challenges with confidence.

Combining insights from emotional intelligence, cognitive psychology, and neuroscience, Stitch It Up! offers practical tools for self-reflection and action. Participants learn to embrace self-awareness, accept what's within and outside their control, foster a positive mindset, and commit to intentional behaviors that create a ripple effect in their personal and professional lives.

By focusing on conscious choices, this program inspires individuals to take control of their mental fitness, strengthen relationships, and thrive in adversity.

Program Reviews

"Inspiring and much needed! The method is relevant and timely for us all to practice."

"The Stitch It Up practice is one I work on daily and am finding this very helpful I also really liked the shift in thinking about how our past influences our present lense, and how to explore those triggers and the great discussions on self talk."

"Lena Scullard's presentation, specifically how to retrain your brain to what is actually important to you was so pertinent to me, and so well laid out that I actually DO feel that I can start to stretch the space, and stitch it up."

Key Objectives & Outcomes

- Apply the 4 mental stitches to navigate stress, challenges, and adversity effectively.
- Cultivate self-awareness to enhance decision-making and personal growth.
- Develop strategies for accepting and managing what's within and outside of one's control.
- Recognize how attitudes and choices shape outcomes and relationships.
- Commit to actionable steps that foster mental fitness and emotional intelligence.

Book a Call with Lena



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