

The real barrier to better performance isn't skill or strategy.



At **The Alt Academy**, we train the mental muscles that help us adapt, recover, and thrive under pressure.

What truly holds us back are our unfit minds. Stress, doubt, overwhelm, procrastination & burnout, erode our ability to focus, lead, & collaborate well.

The most effective people don't avoid stress. They master it.

They reset faster. They think clearer. They stay calm and steady when everything feels uncertain.

When culture shifts, everything shifts.

This work is for organisations that want their people to thrive from the inside out.

It makes leadership dynamic, team performance stronger, and the culture more positive and engaged.



Solomon Mehta-Slade
Mental Fitness Trainer
thealtacademy.co.uk

What I Offer



Workshops for Organisations: looking for lasting cultural change.



Coaching for Leaders who want to do meaningful work without burning out.



Training for individuals and teams to build resilience and the presence to perform under pressure

***Mental Fitness is person-centred performance-
the intersection of wellbeing and impact.***

1. Workshops for Teams

What if your team could reset faster, think clearer, and lead with calm confidence?

These aren't one-way webinars or off-the-shelf wellness talks. They're mental fitness workouts: interactive training sessions that meet people where they are.

Every workshop blends neuroscience, mindset training, performance psychology and embodied practices. We offer our signature Mental Fitness workshop, as well as tailor-made sessions depending on your needs, size and stage of team.

Our Signature Mental Fitness

This interactive, experiential Mental Fitness workout helps participants train their mind like a muscle. They'll learn how to move beyond autopilot reactions, quiet the inner critic, and strengthen habits of clarity, courage, and compassion, so they can show up with greater focus, calm, and confidence.

They'll leave not just inspired, but with simple habits and practices they can use long after the session.

Example Bespoke Sessions

- Reconnect to values & purpose
- Tricky team transitions
- Stay focused when things get busy
- Bounce back after setbacks
- Keep calm when tensions rise
- Take decisions with confidence
- Communication, feedback & transparency
- Curiosity and creativity
- Trust and compassion

Workshops Logistics

- Format: Online or in-person
- Duration: 60, 90, or 120 minutes
- Group size: 2-30 participants
- Pricing: Based on duration, group size, and location.

Every session Includes:

- Experiential mental fitness practice
- Psychological insight + real-world application
- Shared reflection + practical takeaways

Trusted by leading organisations

I've delivered workshops and training for teams at:



BARCLAYS | Eagle Labs



2. 'Mental Flow' Programme



The Alt Academy

A 12-week training programme to transform how you think, feel, and act.

For those who want to show up grounded, present, and powerful.

This is my custom-built protocol. It's a structured training journey that rewires the way you show up, from the inside out. It integrates habit-building practices so participants aren't just inspired; they create the conditions for lasting change.

Participants' learn how to:

- Build inner stability under pressure
- Catch unhelpful patterns before they spiral
- Respond with clarity and intention
- Take courageous action, even when it's messy
- Treat yourself with the same care you give others

Each cohort includes

- 6 x live group training sessions (2 hours, bi-weekly)
- Bonus check-ins, integration & community support
- 10-min/day home practice to rewire mental habits
- Optional 1:1 coaching for deeper support

How It Works

Option 1: Private Cohort

Exclusively for your organisation, ideal for teams or leadership groups (up to 8 people).

Option 2: Mixed Cohort

Send one or more staff to join an open programme. These run quarterly, so individuals can benefit without needing to fill a whole group.

Why Mental Flow Works

Most workplace wellbeing stops at inspiration and information. But real change requires integration and practice.

We don't just talk about change, we give people the tools to practise it, gently, consistently, and in ways that stick.

"Insight is beautiful. But insight alone doesn't rewire your system. You change by what you do in the moments after."

3. 1:1 Coaching



The Alt Academy

*Sometimes it isn't the team that needs support.
It's the individual.*

Bespoke coaching with individuals to move towards their goals whether they are related to performance, wellbeing or even life beyond the office.

Space to think and feel isn't something most of us feel we have a lot of.

Creating space to really think and reflect on how we are working, leading and living more broadly is easier said than done.

Our one to one coaching connects the personal and the professional, to provide a more holistic and comprehensive support.

“Sol helped me shift patterns I've carried for years. I feel more steady, focused and empowered.”

This isn't traditional coaching. It's mindset-first training that builds clarity, calm, and self-leadership that lasts.

How It Works

- **Format:** Online or in-person.
- **Fit & pricing:** Tailored in a 1:1 consultation.
- **Available as:** Standalone or as follow-on from team workshops.

“Between stimulus and response there is a space. In that space lies our power to choose.”

Viktor Frankl

What Others Say



The Alt Academy

Proven with leaders, high-performers, and teams across sectors.

“What a transformative journey! Sol has this wonderful ability to create a calm, supportive environment where everyone feels welcome and heard.

I particularly love how Sol's approach empowers his students to build lasting habits. I'm now better at managing my emotions and grounding myself in the moment. I've already signed up for the next course!”

Eleanor Gibson
Tilt

“Sol was an absolute professional. He knows his stuff, asks insightful questions and has very positive energy. He was approachable, understanding, and encouraging.”

Sarujan Ranjan, (Co-Founder & CEO)
StudyStream

“Sol is an incredible teacher and facilitator- intuitive, sensitive and big-hearted. The programme is beautifully structured, full of transformative insights and grounded, practical steps.”

Beccie D'Cunha
Courage Lab

“I'm thrilled to recommend Sol to anyone seeking clarity, resilience and transformation. The feedback from our members was amazing.”

Andy Roberts
Barclays Eagle Labs

“Sol has an impressive talent for empowering individuals and teams to achieve their full potential, and to feel good doing it! Sol's sessions during company retreats left a lasting impact; he managed to seamlessly engage both complete newcomers and veterans. Sol even offered invaluable guidance in mapping out my life & career goals.”

Greg Wallace,
StudyStream

“On our coaching journey together I was able to reframe the sabotaging voices in my mind better and unlock their underlying strengths. I have been able to grow myself forward within both my personal and business life.

Solomon is detail-oriented and has an 'all-in' attitude whilst being fun, mixed with many life stories to share. I highly recommend Solomon to guide you through your mind.”

Asis Patel
Asis Patel Ltd

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Lets Talk

If you're curious about how this work could support you or your team, I'd love to hear what's going on and explore what might help.



No pressure. No sales script. Just a conversation.

✉ sol@thealtacademy.co.uk

🌐 thealtacademy.co.uk

🌐 [Solomon-Mehta-Slade](#)

💬 [Book a Call](#)

About Sol

I know this work matters because I've lived it. For years, I pushed hard and looked like I was performing well on the outside, while quietly burning out inside. Mindfulness gave me space to breathe, but it was mental fitness that created lasting change.

I've spent over two decades at the intersection of education, facilitation, performance, and wellbeing. I've designed social action and sustainability programmes across London, worked in some of the most challenging educational settings, and helped build the world's largest online student community- leading a global programme of events, and mentoring an international team of facilitators.

Since then, I've trained hundreds of people, from students to senior leaders, to build the mental strength to perform under pressure without burning out. One strength I'm often recognised for is taking complex ideas and turning them into clear, practical tools people can apply straight away.



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Intelligence®



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Mindfulness



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