



# OFFLOAD

## YORK

Is life feeling like a tough game?  
You don't have to play it alone.

Offload is a **FREE 6-week** mental fitness training programme. Join 15,000 **men** who have already taken part in Offload since 2017.

*“Offload gave me a way back, a space to talk, tools to cope, and people who got it.”*

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# What is Offload?



Offload gives you simple, proven tools to look after your well-being, build resilience and handle life's challenges. It helps you grow in confidence, develop skills to thrive and to be there to support the people around you.

## Topics include

- **Mental Fitness**
- **Stress**
- **Mindset**
- **Emotions**
- **Resilience**
- **Influences**



Join forces with former athletes who share stories from their personal lives as well as their sporting careers to create real talk you can learn from.

- **99% of participants reported a better understanding of their health and well-being**
- **98% have more positive coping strategies**



**SCAN TO  
SIGN UP  
NOW**



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