

SANE
MEETINGS
MANUAL
2025

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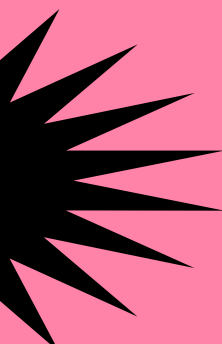
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WELCOME TO SANE MEETINGS!

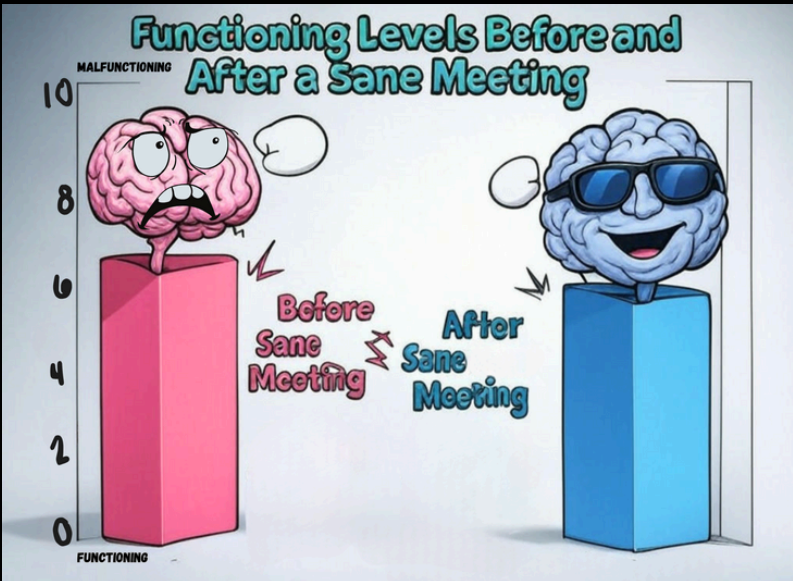


Hey there! Get ready to jump into Sane Meetings—super cool, totally flexible hangouts with our Sane Guides. These aren't your average check-ins. Our Sane Guides are pros who mix grown-up smarts with a laid-back, real-talk vibe to help Sane Trainees (and their families) level up in life. Think personalized coaching, big wins, and a whole lot of fun—all tailored to fit whatever's going on, wherever it's happening.

Keeping it Real,
Flexible, and
Awesome.



WHAT ARE SANE MEETINGS?



ROCK LIFE, ONE CHILL MOMENT AT A TIME

Sane Meetings are all about giving Sane Trainees the tools to rock life, one chill moment at a time. Whether it's a quick 30-45 minute virtual catch-up, a longer one-to-two-hour in-person vibe—at home, a park, or anywhere safe—or a one-on-one sit-down just to vibe and plan, our Sane Guides are there to coach, connect, and keep it real. They're like your personal hype squad, helping you tackle goals, handle stress, and grow stronger in ways that actually stick.

MEET YOUR GUIDES

Our Sane Guides are the
ultimate wingmen.

MENTAL HEALTH COACH

They're mental health know-it-alls who bring the perfect combo of chill energy and clever know-how.

CHILL AND FUN

They've got your back with custom plans, real-time support, and a knack for making everything feel doable (and fun!). Picture someone who's there in the moment—whether it's at school, a job, or just chilling one-on-one—ready to drop wisdom and keep the good vibes flowing.





WHAT HAPPENS IN A SANE MEETING?

Every Sane Meeting is a little different because every Trainee's got their own vibe. Here's how it rolls:

KICK BACK & CONNECT

01.

Start with a relaxed chat—virtual, IRL, or a chill one-on-one—where your Sane Guide gets the lay of the land and sets the tone.

REAL-LIFE COACHING

02.

Dive into whatever's up, with your Guide right there—think breathing hacks during a stressful school moment or goal-setting in a quiet sit-down.

CREATIVE SPARKS

03.

Expect fun, hands-on ways to learn—like goal-setting games or quick mindfulness moves you can use anywhere.

WALK AWAY FEELING AWESOME

04.

Leave with skills, confidence, and a plan to keep the momentum going—whether it's from a big moment or a laid-back chat.

WHY SANE MEETINGS ROCK



YOUR PLAN, YOUR WAY

Custom coaching that fits your goals—big or small.

01.

STRESS? HANDLED

Killer coping tricks to keep calm and carry on.

02.

LIFE SKILLS UNLOCKED

Communication, problem-solving, and decision-making? Nailed it.

03.

GOAL-GETTING MADE EASY

Clear steps and a Guide to keep you on track.

04.

SCHOOL & FUTURE BOOST

Crush academic challenges and explore career vibes with confidence.

05.

FEEL-GOOD GROWTH

More self-esteem, better vibes, and a Guide who's a total role model.

06.

HOOK-UPS

Access to cool community stuff—sports, internships, whatever's your jam.

07.

FAMILY WIN

Parents get tips too—better talks, less stress, stronger bonds.

08.

CRISIS? NO SWEAT

Instant support and smart plans if things get wild.

09.

OUR SECRET SAUCE



THEY'RE WITH YOU—AT SCHOOL, A JOB, OR A FAMILY THING—GUIDING YOU THROUGH THE MOMENT.

THEY ALSO HANG OUT JUST WITH YOU, PLOTTING GOALS AND KEEPING IT LOW-KEY.

QUICK TRICKS TO CHILL OUT AND STAY GROUNDED, NO MATTER WHAT.

LEARN BY DOING—OR TALKING IT OUT—WITH A GUIDE WHO'S GOT YOUR BACK EVERY STEP.

MEETINGS IN ACTION



School Scene

Feeling swamped by homework and friends? Your Guide's there, helping you breathe through it and talk yourself up while you power through.



Team Time

Struggling with teamwork at sports practice? Your Guide's on the sidelines, dropping tips to ace communication and shine as a team player.



Family Hang

Anxiety spiking at a family party? Your Guide's by your side, coaching you through grounding moves to keep it cool.



Job Jitters

Nervous at a new gig? Your Guide's there, setting goals and calming nerves so you crush it from day one.



One-on-One

Just need to vibe and plan? Your Guide meets you for a low-key chat, mapping out goals or sorting life's chaos—anytime, anywhere.

FOR THE GROWN UPS

WHY THIS WORKS:

Parents, we've got you! Sane Meetings aren't just for Trainees—they're a family win. Your Sane Guide's got the skills to:



**Boost your
parenting game
with practical
tips.**

Step in fast if a crisis hits, with plans to keep everyone safe and steady. It's all about real support that fits your life, delivered with a chill twist.

**Hook you up with
workshops on
talking, chilling, or
solving conflicts.**



WHO'S IT FOR?

Sane Meetings are perfect for Sane Trainees who want hands-on help to crush it in school, life, or wherever they're at—plus families who want in on the action. Whether it's virtual quick-fixes, in-person deep dives, or a one-on-one vibe sesh, we've got the flexibility to make it work.



Ready to Get Started?

Sane Meetings are your ticket to leveling up—skills, vibes, and all—with a Sane Guide who's got your back. Visit our appointments page to book a session with one of our Sane Guide today!