

# WHO IS ELIGIBLE?

The Courage Foundation V.I.P. is available for both male and female veterans or active duty military with symptoms of posttraumatic stress. No clinical diagnosis or prior mental health care is required to attend.

The ideal candidate is a warrior who is determined to win their personal battles, has a willingness to accept coaching and a desire to embrace the process. A warrior who has a vision of what they want despite not knowing how to get there and a passion to live fully.

## HOW TO REGISTER:

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Please submit an application at:  
[www.feedcourage.org/program/application](http://www.feedcourage.org/program/application)

## CONTACT US:

✉ [info@couragefoundation.net](mailto:info@couragefoundation.net)

🌐 [www.feedcourage.org](http://www.feedcourage.org)



A 501(c)3 nonprofit dedicated to developing resilience and posttraumatic growth to help veterans thrive.



FEED YOUR COURAGE WOLF

WARRIORS  
HELPING  
WARRIORS:

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Building Trust, Comradery, Resilience,  
Confidence, Commitment & Purpose



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Commander Mark Divine, founder of The Courage Foundation and retired Navy SEAL, has spent his post-Navy career helping people from all walks of life break through barriers to develop resilience and reach peak levels of performance. His integrated warrior development program, Unbeatable Mind, has been effective in increasing mental toughness and emotional resilience in Navy SEAL candidates, professional athletes and entrepreneurs.

The Courage Foundation was established to provide this transformative training to veterans with posttraumatic stress. Our programs bring veterans together to train toward common goals, building trust, comradery, social support and restoring purpose. The training integrates physical, mental, emotional, intuition/awareness and spiritual aspects of one's being through simple and highly effective self-administered training tools.



## THE VETERAN INTEGRATION PROGRAM

Resilience to stress is associated consistently with at least 6 psychosocial factors: active coping methods, regular physical exercise, a positive outlook, a moral compass, social support, and cognitive flexibility. Unbeatable Mind Integrated Training provides a framework and tools to develop these factors, and potentially reduce the symptoms of posttraumatic stress in veterans.



The Veteran Integration Program is a year-long program that helps warriors help themselves with peer and mentor support rooted in Unbeatable Mind mental toughness and emotional resilience integrated training.

- ✓ 3 day in-person retreat in **Unbeatable Mind Integrated Training and Team Building**: Boat crews and swim buddies provide social support and accountability.
- ✓ 12 months of coaching support by a **certified Unbeatable Mind coach**.
- ✓ **12 months of online Unbeatable Mind Integrated Training** in physical fitness, mental toughness and emotional resilience created by a Veteran, retired Navy SEAL commander Mark Divine.
- ✓ **Ongoing peer support** from teammates during and beyond the program.
- ✓ Regular **team challenges and physical training goals**.

## OUR MISSION:

The Courage Foundation's mission is to foster posttraumatic growth, restore purpose and transform lives through integrative self-awareness, physical health, mental toughness, emotional resilience and spiritual well-being.