



Mind Fitness Training

UNLOCK YOUR TEAM





We are on a mission to help increasing numbers of people to live and work at their best by sharing the neuroscientific insights of the Mind Fitness programme.

In 2020 we worked with over 100 organisations globally, ranging from tech start-ups to UK Local Authorities – our approach centres on mental health awareness, wellbeing strategies and business effectiveness. The Mind Fitness system delivers rapid progress towards individual and organisational goals. Wherever you are in implementing your Wellbeing Strategy and whatever your goals, we can work with you to support your desired outcomes

Ideally the Mind Fitness training system begins with Mental Health, progresses to Wellbeing, and then focuses on Business Effectiveness. This sequenced approach guarantees optimum outcomes and yields the most favourable return on investment. We will, however, discuss all options with you, and then design a responsive training plan that best supports your preferred Wellbeing Strategy.





STEP 1

Mental Health

Let's talk about mental health

We spend an average of 90k hours at work in our lifetimes and most of us will work in environments where we do not feel safe enough to be honest about the challenges we have, for fear of negative consequences. By raising awareness of mental health and equipping your people with the skills to create psychologically safe working environments we establish a secure foundation for teamwork. We have comprehensive courses that deliver Mental Health Awareness, Mental Health Line Manager upskilling and, where required, we certify Mental Health First Aiders.

BEST SELLING COURSE

Mental Health Awareness

- 2 hours online
- For up to 25 delegates
- Two facilitators

£695



STEP 2

Wellbeing

Let's use our brains better

The brain is an amazing organ that many of us know little about. Our cognitive wellbeing training builds a solid understanding that allows each delegate to optimise their thinking to achieve a reduction in anxiety and an increased sense of wellbeing. Alongside neuroscience-based techniques we employ tailored mindfulness exercises to build focused awareness, engagement and resilience. We have witnessed real and lasting transformation that has fed into personal effectiveness and more productive relationships.

BEST SELLING COURSE

Wellbeing Essentials

- 2 hours online
- For up to 25 delegates
- Two facilitators

£695



STEP 3

Business Effectiveness

Let's make great things happen

As work has evolved, so too have the demands placed on us: self-direction, collaborative thinking, increased execution complexity, interdependences between people, the requirement for higher order communication and much more besides. To consistently function in the high-performance zone, our methods for being engaged and aligned with the organisational priorities must also evolve; all without harming our health. We will introduce delegates to proven frameworks that create optimum environments for teams to thrive. Everything is practical, easy to implement, and the results are measurable.

BEST SELLING COURSE

Effective Leadership

- 2 hours online
- For up to 25 delegates
- Two facilitators

£695



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