

Claim your exclusive saving on Mind Strength today



Everything you need to know about

Mind
Strength
FOR PROFESSIONALS

Resilient minds. Resilient business.

At **Mind Strength**, we give your talent the tools, techniques and confidence they need to build their resilience, unlock high performance – and accelerate your business.

WHY MIND STRENGTH FOR PROFESSIONALS?

Put simply, resilient people perform better. By building resilience, Mind Strength unleashes the true potential of your employees – increasing productivity, engagement and organisational performance.

WHO'S IT FOR?

From Graduates to CEOs, every single person in your organisation will benefit from this programme. No matter if someone's 'resilience tank' is completely empty or has plenty of oil, Mind Strength will accelerate their performance.

HOW DOES MIND STRENGTH FOR PROFESSIONALS WORK?

The **Mind Strength for Professionals** programme provides a complete psychology-based toolkit. Based on science and delivered through practical tools and techniques that are proven to embed lasting change to grow people and organisations. After Mind Strength, your employees will be able to:

- Take conscious, balanced and decisive action in unpredictable circumstances.
- Remain calm, collected and effective when the unexpected happens.
- Understand and manage different perspectives with ease and openness.
- Develop connected and collaborative relationships, despite inevitable issues.
- Resolve challenges successfully, and often transform them into opportunities.

ARE THE BENEFITS MEASURABLE?

Yes. Mind Strength is based on science, psychology and evidence, which means we can measure the impact of our programme. To do this, we use psychometric testing to measure your talent's resilience before and after they complete Mind Strength. Our reporting allows you to see improved engagement, reduced stress and increased productivity – which all positively impact your bottom line.

SEVEN WEEKS TO HIGHER PERFORMANCE

Every fortnight there is:

- ✔ 2x 1hr of self led learning exercises
- ✔ 45 minute coaching call

BENEFITS TO BUSINESSES

RESILIENT PEOPLE PERFORM BETTER.

People who have completed **Mind Strength for Professionals** are:

- ✔ Mentally agile
- ✔ Change-ready
- ✔ Consistently positive

HOW IS THE PROGRAMME DELIVERED?

Mind Strength for Professionals is a seven step process delivered over seven weeks:

1. WEEKLY LEARNING AND COACHING

Each week, a new stage is accessed via our online platform. This requires an hour of self-led learning, reflection and exercises. This is followed up by a fortnightly 45 minute group coaching session.

2. PERSONAL MOTIVATION

To create lasting behaviour change, individuals set wholly personal goals for the most impactful outcomes. To do this, Mind Strength connects people to their own motivations, so they can identify and prioritise the changes they'd like to make.

3. SKILLS THAT STICK

The programme not only teaches transformational tools. These tools are also interspersed with behavioural application and reflection activities to ensure we go beyond theory into high levels of transformation.

Make sure your teams can manage, master and move through any challenge, with Mind Strength.

Let's
Talk

Reach out to Greg for a discovery call on:

07719 187335 or email at greg@mindstrengthforbusiness.com