



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.

### 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. Mind Strength teaches you the skills to:

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

### ARE THE BENEFITS MEASURABLE?

Yes. Mind Strength is based on science, psychology and evidence, which means we can measure the impact of our programme.



**78%**  
Enhanced  
Resilience

(Brief Resilience Scale)



**67%**  
Reduced  
Stress

(Perceived Stress Scale)



**73%**  
Improved  
Mental  
Wellbeing

(Warwick and Edinburgh  
Mental Wellbeing Scale)

### BENEFITS TO BUSINESSES

#### RESILIENT PEOPLE PERFORM BETTER.

Objectively measured feedback from participants of Mind Strength in 18 countries has produced impressive results.



**64%**

Reported their **productivity has improved**



**86%**

Reported they are **happier at work**



**100%**

Are more likely to **stay at their organisation**

### 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 an optional individual or group coaching session.

#### 2. PERSONAL MOTIVATION

To create lasting behaviour change, individuals set wholly personal goals for the most impactful outcomes.

#### 3. SKILLS THAT STICK

The programme teaches transformational tools, interspersed with behavioural application and reflection activities to ensure we go beyond theory into practice.

**Let's  
Talk**

Email [info@mindstrengthforbusiness.com](mailto:info@mindstrengthforbusiness.com) today  
to arrange a discovery call or get your free demo