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**Mind Strength**  
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Everything you  
need to know about

**Mind**  
 **Strength**  
FOR LEADERS

## When your people perform better, your business does too.

With a mix of psychology-based tools and world-class coaching, **Mind Strength for Leaders** delivers the skills your managers need to support – and strengthen – their teams' resilience.

### WHY MIND STRENGTH FOR LEADERS?

To achieve optimum results for your business, leaders need engaged and productive teams. But an engaged and productive team is only possible when each member feels personally supported and positively valued. And that's not as easy as it sounds. Which is where **Mind Strength for Leaders** comes in.

### WHO'S IT FOR?

It's for senior management, as well as anyone in the business who leads a team (no matter how big or small).

### HOW DOES MIND STRENGTH FOR LEADERS WORK?

The programme equips leaders with the skills, insights and experience to support their team's resilience. It enables managers to:

- Implement positive behavioural change within their team.
- Spot the signs of personal and professional challenges and ensure individuals get the right support.
- Confidently navigate challenging conversations.
- Improve their listening skills.
- Create a supportive workplace culture and psychological safety.

### WHAT ARE THE BENEFITS?

This programme is designed to benefit leaders, team members and whole organisations alike – from the top down. It's understood that a supportive manager is the lynchpin for the engagement, productivity and retention levels of their team. It's also proven that managers are inadvertently the second biggest cause of stress for employees. So upskilling your leaders, has a knock on effect for the resilience of your entire business.

### BENEFITS TO BUSINESSES

#### RESILIENT MINDS. RESILIENT BUSINESS.

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

- ✓ Experts in supporting their teams' resilience
- ✓ Better connected to individuals they manage
- ✓ Catalysts for creating high performing work cultures

### HOW IS THE PROGRAMME DELIVERED?

**Mind Strength for Leaders** is a three step process:

#### 1. THE THEORY

First there's one hour of formal learning to complete on our online platform. This learning has been written by leading psychologists and change experts to bring your leaders cutting edge knowledge.

#### 2. PUTTING THE THEORY INTO PRACTICE

Secondly, there's a four hour interactive face to face workshop. This refines practical skills through simulation with professional actors in a safe environment. Managers get to practice, receive feedback and observe others as they complete a number of challenging, but realistic, scenarios.

#### 3. LASTING CONSOLIDATION

Finally, there's a follow-up one and a half hour virtual workshop 3-6 months later to integrate new skills, reinforce learnings and work through any questions or challenges with expert coaches.

**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](mailto:greg@mindstrengthforbusiness.com)