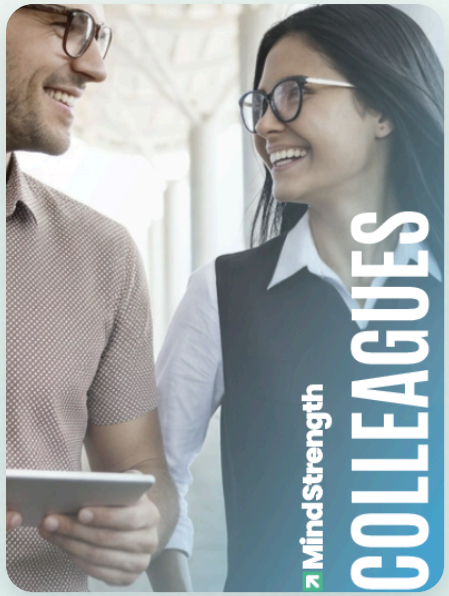
Mind Strength
FOR BUSINESS



Mind Strength for Colleagues

Help others sustain mental wellbeing under pressure.

WHO IT'S FOR

Managers at every level who support colleagues, however big or small their team.

FORMAT

3 short online modules, then a practical workshop with professional actors to turn theory into behaviour

TIME

1 hour of online learning, plus a 2-4 hour workshop. Done in a single day.

Live within days | **Bespoke scenarios** | **Safe experiential learning**

TRUSTED BY

s|three · RenaissanceRe · YINSON · Turner & Townsend · CINVEN

MIND STRENGTH FOR COLLEAGUES · FOR MANAGERS AT EVERY LEVEL

Give every manager the confidence to support anyone when it counts.

When someone is struggling, their manager is often the first to notice and the least sure what to do next. Mind Strength for Colleagues is a masterclass for managers at every level. They learn to spot the earliest signs of poor mental health and are equipped for the hardest of conversations. Then they practise with professional actors, so they are ready when it matters.

What your managers gain

- Spot the early signs of personal and professional challenges
- Make sure people get the right support, at the right time
- Navigate difficult conversations with confidence
- Take considered, decisive action for positive outcomes
- Build a supportive culture with real psychological safety

Rehearse the conversation before it counts.

Managers practise the conversations they find hardest with professional actors, in realistic scenarios and a safe space, with expert feedback. So the confidence they build holds up in the real moment.

How it works: three modules and a workshop

01
Mental Wellbeing in the Workplace
What good and poor wellbeing look like.

02
Workplace Challenges for Mental Wellbeing
Spot the pressures and early signs.

03
Supportive Conversations
A five-step way to talk and respond.

04
Workshop with Professional Actors
2-4 hours practising realistic conversations, with expert feedback.

Three short self-led modules (about 20 minutes each), then the 2-4 hour workshop. All in one day.

What your business gets

Managers who catch pressure early, before it becomes business risk. Supportive managers are key to engagement, productivity, lower stress and retention across the whole team.

> *"It was really useful seeing other examples of handling conversations."*

> *"...Chance to practice in a safe space with no judgement or consequences."*
> **Senior managers**, Staffing Consultancy

95% good or outstanding at wellbeing conversations

80% better skilled to support mental wellbeing

85% would recommend it to colleagues

1 day to complete, with little time away from work

Participant feedback at the end of the programme.



Is it right for your people? Find out in twenty minutes.

Book a 20-minute chat with **Dr Paola Carr-Walker**, Chartered Clinical Psychologist and the founder who designed every programme. No salesperson, no pitch. We run everything from start to finish, so the lift on your side is small.

Book your 20-minute chat

info@mindstrengthforbusiness.com
mindstrengthforbusiness.com

Building greatness. Proven psychology to protect the performance of leaders and teams.