Mind Strength
FOR BUSINESS



Mind Strength for Leaders

Bring out the best performance in yourself and others.

WHO IT'S FOR

Leaders who wish to maximise their team's performance.

FORMAT

Two online stages, each with a coaching session, then a workshop with professional actors

TIME

About 2 hours, plus a 2 hour workshop

Live within days | Fully evaluated | Bespoke scenarios | Transformative coaching

TRUSTED BY

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

MIND STRENGTH FOR LEADERS · FOR SENIOR LEADERS

Be ready for the moments that define you as a leader.

Senior people carry two kinds of pressure: their own, and their team's. Mind Strength for Leaders helps them master their own performance under pressure and build the leadership skills to get the best from their team. Applied psychology and one-to-one coaching come first, then the learning is locked in through simulated conversations with professional actors.

What your leaders gain

- ✔ Command of their own performance under pressure
- ✔ The psychological skill to get the best from their team when pressure rises
- ✔ Confidence in the conversations that define a leader
- ✔ Skills rehearsed for real, with expert feedback in a safe space
- ✔ A way of leading that protects the clarity, energy and judgement of the whole team

Lead yourself first, then your team.

Every leader starts with self-assessment and one-to-one coaching on how they perform under pressure, before turning to their team. Leaders guide their team and create the optimal conditions for collaborative, resilient performance.

How it works: three focused stages

01 — Taking Stock
Your own performance under pressure.

02 — Helping Your Team Perform Under Pressure
Get the best from your team.

03 — Leadership Conversations
A 2 hour workshop, practising real scenarios with professional actors.

2 online stages, each with a coaching session, then a workshop with professional actors.

> *"It was good to put into practice rather than just read it, to help it stick."*
> **Senior Principal**, Financial Sector

What your business gets

Leaders who stay clear and composed under pressure, and teams that keep performing. When the people you depend on lose clarity, it shows in decisions, delivery and retention.

> *"A good framework to assess how to be more balanced personally and professionally going forward."*
> **Senior Principal**, Financial Sector

86%	80%	100%	2 hrs
showed clear goal progress by stage 2	confident of achieving commitments post-programme	attended every one-to-one coaching session	to measurable skill development in the workshop

Most recent cohort of senior principals and managing directors, 2026. From coaching records, participant feedback and observed workshop performance.



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

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