MindStrength
FOR BUSINESS



Mind Strength for Professionals

Brain gain for the best in your business.

WHO IT'S FOR

High performers under the most pressure to perform. The A team, the rainmakers, the ones clients ask for by name.

FORMAT

7 online stages, each with a one-to-one coaching session

TIME

About 2 hours a week for 7 weeks, coaching included

CPD accredited · Measured before and after · Live within days · Proven methodology

TRUSTED BY

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

MIND STRENGTH FOR PROFESSIONALS · OUR FLAGSHIP PROGRAMME

Keep your top performers at the top of their game.

Pressure rarely arrives all at once. Heavier workloads, higher expectations, harder conversations. It builds quietly in the people you depend on most, and they are usually the last to say so. Mind Strength for Professionals uses proven psychology to prepare them well ahead of time, so they stay focused, composed and effective when it really counts.

What your people gain

- ✔ Resilience as a working strength, not a vague personal trait
- ✔ Clear thinking and sound judgement under pressure
- ✔ Control of stress, emotions and reactions
- ✔ The mental agility to escape unhelpful thinking traps
- ✔ Better habits, and a personal toolkit they keep using

Serious performance needs serious psychology.

Built the way a clinical intervention is designed: assessment, goals, intervention, reflection and embedding. Delivered the way busy people need it: short, structured and practical.

How it works: seven stages, seven weeks

01	**Taking Stock** Benchmark resilience, stress and wellbeing, then set goals.
02	**Understanding Stress and Resilience** How you react to stress, and how resilience is built.
03	**The Power of Self-Belief** Reframe negative thinking and build confidence.
04	**Feeling Strong and in Control** Manage emotions and reactions under pressure.
05	**Thinking Confidently** Use Think Feel Do to escape unhelpful thinking traps.
06	**Mental Health at Work** Spot the signs, reduce stress and support colleagues.
07	**Embedding Mind Strength** Measure again and build your personal toolkit.

Each stage is one hour of online learning and exercises, plus one hour of tailored one-to-one coaching for added depth and development.

What your business gets

People who think clearly under pressure, deliver their results every quarter, and keep growing their career with you, not with a competitor.

> *"I no longer feel like looking after myself comes at a cost to my performance. If anything, the opposite is true."*
>
> **Chief Executive**, Mind Strength for Professionals participant, 2026

64%	86%	78%	67%
more productive	happier at work	more resilient	less stressed

Resilience and stress measured on validated psychometric scales before and after. Productivity and happiness self-reported. Sample of 105 participants across 18 countries.



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.