



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?

People who feel supported and valued are engaged and more productive. When leaders have confidence and skills to support their team's resilience, optimum results for your team and your business will follow.

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).

WHAT ARE THE BENEFITS?

This programme benefits leaders, team members and the whole organisation. Evidence is clear that supportive managers are key for engagement, productivity and reducing stress levels in their teams – and for resilience of the entire business.

HOW IS THE PROGRAMME DELIVERED?

Mind Strength for Leaders is a three step process:

1. THE THEORY

Three x ½ hour self-led learning modules accessed via our online learning 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 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

Consolidate skills with an optional 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.

BENEFITS TO BUSINESSES

RESILIENT PEOPLE PERFORM BETTER.

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



80%

Have better **knowledge and skills to support mental wellbeing**



70%

Reported they **felt confident after the workshop**



95%

Reported they **had "good or outstanding" skills in holding a conversation on mental wellbeing by the end of the programme**



85%

Would **recommend this programme to their colleagues**

HOW DOES MIND STRENGTH FOR LEADERS WORK?

The programmes equips leaders with knowledge and structured practical skills to strengthen their team's resilience:

- Develop connected and collaborative relationships.
- Spot the signs of personal and professional challenges and ensure individuals get the right support.
- Confidently navigate challenging conversations.
- Take considered and decisive action for positive outcomes.
- Create a supportive workplace culture and psychological safety.

**Let's
Talk**

Email info@mindstrengthforbusiness.com today
to arrange a discovery call or get your free demo