

7 Transformative Stages of the Mind Strength For Professionals Programme

Transforming minds.
Changing behaviour.

The Mind Strength Programme is practical, science-based and measurable. With a unique hybrid mix of virtual learning modules and online coaching, it provides tools and techniques that are proven to unlock high performance.

Indeed, we don't just provide training, we provide transformation – to grow your people and your business.

The Mind Strength Programme is designed to enhance resilience, through seven structured stages, with each stage focusing on specific goals and practical applications.

Mind
Strength
FOR PROFESSIONALS



Stage 1 Taking Stock

Stage Focus: Assessing baseline resilience, stress, and mental wellbeing, and determining programme outcomes that are meaningful and motivational.

Participant Actions: Participants complete psychometric tests, conduct a values-based gap analysis, and set goals for behavioural change.

Benefits: The programme empowers individuals to achieve their full potential, by activating motivation for change and aligning goals to meaningful outcomes.

Stage 3 The Power of Self Belief

Stage Focus: Strengthening thinking processes. Getting the most from the mind-body connection.

Participant Actions: Participants use cognitive reframing (a powerful thinking strategy). They become stronger mentally through their physical health.

Benefits: This stage enhances positivity and better problem solving and productivity.

Stage 5 Thinking Confidently

Stage Focus: Learning the Think Feel Do model to modify behaviour, feelings, and manage unhelpful thinking patterns.

Participant Actions: Participants use the Think Feel Do model and Thinking Traps guide to actively manage thoughts and overcome cognitive distortions that can lead to negative emotions and unhelpful behaviours.

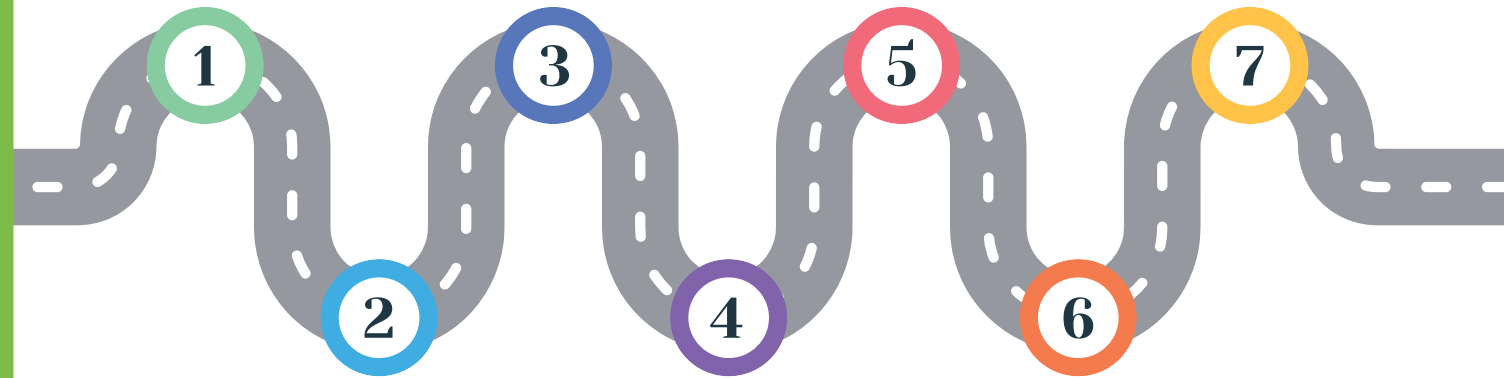
Benefits: Employees improve their mental clarity, emotional stability, and overall workplace performance.

Stage 7 Embedding Mind Strength

Stage Focus: Evaluating achievements and sustaining behavioural changes.

Participant Actions: Participants reassess their resilience, stress and mental wellbeing, and develop a personal toolkit for ongoing benefits.

Benefits: This stage reduces relapse risks, sustains positive behavioural changes, and ensures long-term maintenance of improved mental strength.



Stage 2 Understanding Stress and Resilience

Stage Focus: Recognising resilience and stress management as learnable skills.

Participant Actions: Participants evaluate current stress levels, create action plans for improvement, and apply strategies for improving wellbeing.

Benefits: Reduced stress and better mental wellbeing enhance performance and engagement.

Stage 4 Feeling Strong and In Control

Stage Focus: Developing effective emotional management skills.

Participant Actions: Participants learn to manage reactions and deal with situations and stress effectively.

Benefits: Employees work better under pressure and with colleagues, and think more productively.

Stage 6 Supporting Mental Health at Work

Stage Focus: Recognising signs of poor mental health and implementing workplace changes.

Participant Actions: Participants undertake a personal review of their risks at work and develop a plan of action to make positive change.

Benefits: This stage promotes positive mental health at work and offers substantial business benefits, including lower absenteeism, improved engagement, greater organisational resilience, and effective risk management.

Let's
Talk

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