Mind Strength
FOR BUSINESS



Mind Strength Bespoke

For businesses used to forging their own path.

WHO IT'S FOR

Firms with a specific cohort, culture or challenge.

FORMAT

Shaped around your outcomes, group size and timeframe

TIME

To suit your timescale

Fully evaluated · Your terminology · Defined outcomes · Flexible

TRUSTED BY

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

MIND STRENGTH BESPOKE · BUILT AROUND YOU

Your people are unique. Their programme can be too.

Mind Strength Bespoke takes the same proven techniques and principles as our core programmes and shapes them around the specific needs, challenges and exacting requirements of your business. We start with the outcomes you want to achieve, then build everything else around them.

What your leaders and teams gain

- Resilience as a working strength they can use under pressure
- Clearer thinking and better decisions when the stakes are high
- Control of stress, emotions and unhelpful thinking
- The skills and confidence to support colleagues and get the best from their team
- Habits and tools that last well beyond the programme

The same proven psychology, applied to you.

Every bespoke programme is grounded in cognitive behavioural strategies and built the way a clinical intervention is designed: assessment, goals, intervention, reflection and embedding. Only the shape changes.

How we make it yours

01 **Your outcomes**
We start with the objectives you want to achieve.

02 **How it is delivered**
One-to-one, or in small groups.

03 **Content**
Tailored to your challenges, culture and sector.

04 **Delivery style**
Online, in person or blended, at the pace that suits you.

05 **Format**
Coaching, workshops or both, from a single day to several weeks.

06 **Bespoke case scenarios**
Realistic scenarios written for your world, practised with professional actors.

We run it from start to finish and liaise with participants directly, so the lift on your side is small.

What your business gets

Stronger human foundations for sustained performance: people who think clearly under pressure, deliver consistently, and keep growing their career with you, not with a competitor.

> *"Since completing the programme, my clarity of thought has increased, enabling me to make better decisions."*
>
> **Adam Withers**, Client Relationship Manager, Smart Pension

Engagement and productivity rise

Less risk and better outcomes

Agility and efficiency improve

Retention and loyalty grow

Benefits to organisations across Mind Strength programmes. Every bespoke programme is measured before and after on validated scales, with results reported back to you.



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.