A MIND FOR MANAGEMENT

Supporting managers to lead healthy, high-performing teams.

Recent research suggests sustainable engagement – the combination of high motivation and high wellbeing – is the key to high-performing teams. The challenge of modern management is to help teams work smarter, to maintain peak mental performance in a healthy, sustainable way.

Businesses depend on their managers, so they need to invest in the minds of their managers:

- Self-awareness of leaders and managers correlates with profits (Korn Ferry, 2014).
- Clear management direction can boost motivation by 28% (Hewitt Associates, 2011).
- Excellent managers attract exceptional people and retain talent.

Mindapples helps managers understand the minds of their staff and how to get the best from them. We share practical insights from cognitive science to help managers support and motivate people, harness diverse skills, and promote collaboration and innovation.

This programme is designed for anyone with line management or team oversight responsibilities and provides an essential grounding on managing people and developing high-performing teams.

Delivered in 90-minute classroom or telepresence sessions, and half day seminars, perfect for high-pressure environments, this is a fresh approach to promote staff wellbeing that supports managers build cultures of healthy, smart and sustainable working.
# Seminars for Managers

90-minute seminars for line managers and team leaders, from resilience to innovation.

## Manage Your Mind
Mental performance drives business performance. Explore how our minds work and how to get the best from yourself and others.
Connected staff sessions: *Make smarter decisions & Be productive*

## Manage Moods & Emotions
Moods and emotions affect people’s thoughts and behaviour, so they need to be managed to maintain high wellbeing and productivity.
Connected staff sessions: *Master your moods & Keep calm*

## Manage Pressure & Stress
Pressure is an inevitable part of work, but stress is not. Learn how to spot signs, reduce stress, and support people who are struggling.
Connected staff sessions: *Handle pressure & Support people*

## Motivate People
Motivation is essential in the knowledge economy. Study the science of motivation and the ingredients that make people eager to work.
Connected staff sessions: *Get motivated*

## Work with Personality
Good managers recruit good people. Explore the personality traits that make us all unique, and learn to build diverse, balanced teams.
Connected staff session: *Know yourself*

## Promote Mental Health
Mental health affects every aspect of life and work, so knowing how to promote it is an essential skill for modern managers.
Connected staff sessions: *Feed your mind*

## Manage Mental Illness
Mental health is as important as physical health, so learn about mental health and managing common mental health problems.
Related staff session: *Understand mental health*

## Support Your Team
People thrive when they are supported to develop and perform, so how can managers provide a supportive environment for staff?
Connected staff session: *Support people*

## Promote Collaboration
We work better together, but groups make predictable mistakes. Communicate clearly and share information to run effective teams.
Connected staff session: *Work collaboratively*

## Promote Innovation
Businesses that fail to innovate get left behind. Learn the key ingredients of creativity to bring more innovation into your team.
Connected staff session: *Think creatively*