We’ve turned our books and training courses into fresh, engaging e-learning content.

These programmes cover all the core topics from our full programme, and present them in a scalable way for large businesses.

Listen to audio clips and watch videos to explain key concepts, then answer questions to help you reflect on how to apply these ideas to your life and work.

Delivered via your network or through our new app, Mindapples Bitesize equips organisations with the core knowledge and skills to work smarter and feel better.

E-LEARNING

CORE TOPICS

FEED YOUR MIND
Wellbeing • healthy habits
managing minds • resilience

MASTER YOUR MOODS
Energy • tension • emotional
intelligence • concentration

HANDLE PRESSURE
Stress management • threats
challenge • building resources

GET MOTIVATED
Willpower • incentives • drive
ability to succeed • flow

KNOW YOURSELF
Personality traits • strengths
smart teams • neurodiversity

BE PRODUCTIVE
Work smarter • pay attention
get organised • say no • rest

COMING SOON...

BE HAPPY
Enjoyment • happy habits
meaning • managing sadness

CHANGE YOUR HABITS
Automation • good routines
practice • changing your mind

Hello. We’re Mindapples.

We help people take better care of their minds. We share essential knowledge about how our minds work and how to manage them effectively.

KNOW YOUR MIND
Delivered in bite-size chunks
for busy people, each segment teaches you more about yourself and the people around you.

WORK SMARTER
In the knowledge economy,
businesses depend on the minds of their staff. Learn to manage your mind, and start creating the conditions for people’s minds to thrive.

Plant some mindapples in
your workplace today, and
help us make looking after
our minds as natural as
brushing our teeth.

Love your mind
Mindapples was founded in
2008 in London, to promote
public mental health and
understanding of the mind.

Our charity provides tools
and training in mental health
campaigning, while our
commercial arm helps
individuals and organisations
get more from their minds.

Get in touch
+44 3774 3279
business@mindapples.org
The Grayston Centre
28 Charles Square
London N1 6HT

Find us online
www.mindapples.org
twitter.com/mindapples
facebook.com/mindapples

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Wellbeing

Feed Your Mind
If you can take care of your body with good habits, what about your mind? Learn the basics of mental wellbeing in our most popular session.

Master Your Moods
Managing moods & emotions proactively to improve your concentration and wellbeing.

Keep Calm
How to handle fear and anger, maintaining a calm mindset and avoiding worry and rage.

Be Happy
Learn what really makes you happy, and start pursuing the things you want in life.

Know Yourself
Your personality traits can help you discover your needs, and relate better to others.

Change Your Habits
If you don’t like your mind, change it! Practice new habits to retrain your mind.

Resilience

Handle Pressure
How pressure affects our minds; how to reduce stress, and coping well with pressure.

Be Resilient
Coping with setbacks, learning from adversity and dealing well with loss and change.

Understand Mental Health
Mental (ill)health awareness, spotting signs and symptoms, and helping people recover.

Collaboration

Influence People
We influence each other all the time, so learn how to be more persuasive, get your way and be a positive influence.

Work Collaboratively
Learn to communicate clearly, share your ideas, work better with others and build smart, high-performing teams.

Support People
Compassion comes naturally, so put it to work by learning how to help people through stress, struggles and ill-health.

Performance

Get Motivated
Find your state of flow by learning the three ingredients of sustained motivation.

Be Productive
Productivity means working smarter, not harder, so find out how to apply your mind.

Quick Seminars for Line Managers

Manage Your Mind
Mental performance drives business performance, so learn how to create the conditions for sustained productivity.

Motivate People
Motivation is essential in the modern workplace. Learn the science of drive and why some tasks are easier than others.

Work with Personality
Everyone is different, so managers must adapt their messages to personality traits and build smart diverse teams.

Communicate & Collaborate
We work better together, but groups can be fooled. Share information and communicate clearly to run effective teams.

Create & Innovate
Businesses that can’t innovate get left behind. Learn the key skills of creativity to bring innovation into your team.

Performance

Performance

Manage Pressure & Stress
Pressure can be motivating, but stress is not. Learn how to cut out stress and build high-performing, resilient teams.

Promote Wellbeing
Wellbeing supports all aspects of life and work, but how can managers promote it without interfering with their staff?

Manage Moods & Emotions
Moods and emotions affect people’s work & decisions, so managers need to be able to talk about them with teams.

Manage Mental Health
A manager’s guide to mental illness, supporting staff and creating psychological safety.

Support Your Team
People thrive when they are well-supported, so how can managers create conditions for people’s minds to thrive?

Fancy a Combo?
Combine any two topics into a fast-paced half-day workshop, perfect for team away days, offsites and team-building sessions.

Booklets to Take Away
All our sessions are accompanied by full-colour booklets recapping all the key points of the session.

Looking for Something Off-Menu?
We have a range of special sessions and keynote talks for conferences and team days, and we’re always happy to customise sessions for our clients. Popular special topics include introductions to mental health, why emotions matter at work, making good decisions under pressure, and the psychology of sales and influence.

Contact us now to build a programme that suits your needs.

Masterclasses E-learning Webinars Keynote talks mindapples.org/yourmind

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