

CORE PROGRAMME

20 1-HOUR INTERACTIVE MASTERCLASSES

WELLBEING

FEED YOUR MIND

What do you do for your mind? Learn to improve your mental wellbeing every day.

SLEEP WELL

Sleep improves emotional balance, health and memory, so find out how to get it!

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.

CHANGE YOUR HABITS

If you don't like your mind, change it! Practice new habits to retrain your mind.

MASTER TECHNOLOGY

Build good habits for virtual working and become the master of your devices.

TOGETHER OR APART?

All sessions can be delivered via Teams, Zoom or WebEx, as face-to-face workshops or as hybrid sessions.

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.

KNOW YOURSELF

Explore your personality traits to discover your strengths and relate better to others.

UNDERSTAND MENTAL HEALTH

Mental health awareness, spotting signs and symptoms, and helping people recover.

COLLABORATION

SUPPORT PEOPLE

Compassion comes naturally, so put it to work by learning how to help people through stresses and struggles.

INFLUENCE PEOPLE

Learn how to be more persuasive, get your way and be a positive influence on the people around you.

WORK COLLABORATIVELY

Learn to communicate clearly, work better with others and build high-performing teams.

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.

WORK SUSTAINABLY

Burnout can affect us all, so build good habits for work-life balance and concentration.

THINK CREATIVELY

Creativity can be learned, so find out how to come up with ideas and be more innovative.

MAKE SMARTER DECISIONS

Avoid unconscious bias and learn to think clearly to make fair, consistent decisions.

TRAIN YOUR MIND

Our minds adapt and develop, so learn how to improve your memory and build new skills.

BOOKLETS & TIP SHEETS

All our masterclasses come with digital PDF tip sheets or pocket-size booklets recapping the key points.

MANAGEMENT TRAINING

90-MINUTE SEMINARS FOR MANAGERS

WORK SMARTER

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

MOTIVATE PEOPLE

Motivation is essential, so explore the science of what drives people to succeed.

MANAGE PRESSURE & STRESS

Learn how to tackle stress proactively and build high-performing teams.

BUILD RESILIENT TEAMS

Help your staff bounce back from setbacks and develop a growth mindset in your team.

LEAD VIRTUAL TEAMS

The way we work is changing, so harness the advantages and support people to thrive.

COMMUNICATE & COLLABORATE

We work better together, so learn to communicate clearly and run effective teams.

CREATE & INNOVATE

Learn the key ingredients of creativity to build innovation into your team's culture.

PROMOTE WELLBEING

Wellbeing supports all aspects of work, so find out how to create the conditions for people's minds to thrive.

SUPPORT YOUR TEAM

People work best when they feel supported. Find out how to be there for your team.

MANAGE MOODS & EMOTIONS

Moods and emotions affect our work, so we need to learn to talk about them effectively.

LEAD SUSTAINABLE TEAMS

Avoid burnout in your teams by setting healthy working practices and supporting staff.

DEVELOP PEOPLE

Build a learning culture in your team and help staff learn new skills and build good habits.

WORK WITH PERSONALITY

Explore how to manage varied personalities and make the most of people's strengths.

MANAGE MENTAL ILLNESS

Spotting signs of mental ill-health, supporting staff and creating psychological safety.

ORDERING OFF-MENU?

We offer bespoke sessions and half-day combos for special events and team days, and we're always happy to customise our material to fit your business requirements.

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

