CORE PROGRAMME 20 1-HOUR INTERACTIVE MASTERCLASSSES

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.

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.

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.

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TOGETHER OR APART?
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