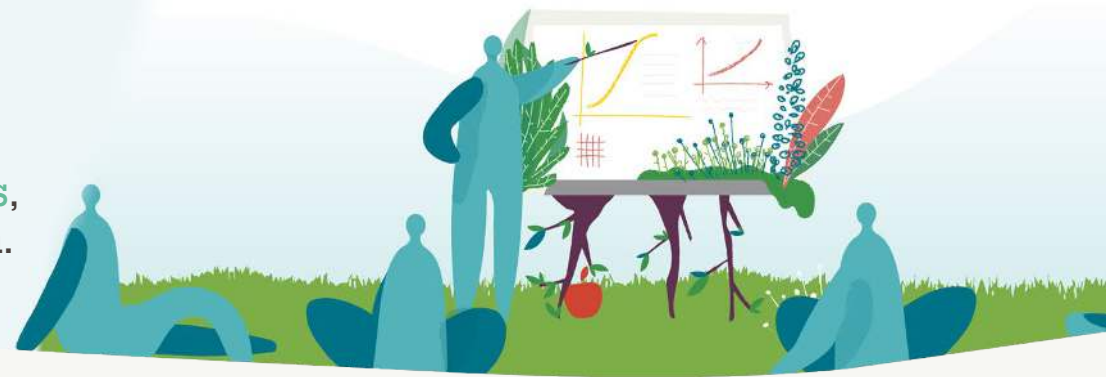


MINDAPPLES MASTERCLASSES

Interactive training to help people **manage their minds**, delivered **virtually** or **face-to-face** in your organisation.



Since 2010 Mindapples has been delivering engaging, interactive masterclasses on mental wellbeing and performance to help people **learn more about their minds**.

Drawing on established **psychology and neuroscience**, our experienced trainers present models and guidance about how our minds work and facilitate discussions with attendees about how these principles **might be applied to their life and work**.

Our standard masterclasses are **60 minutes long** but can be extended to allow additional discussion. All sessions are standalone and can be delivered **in any order**.

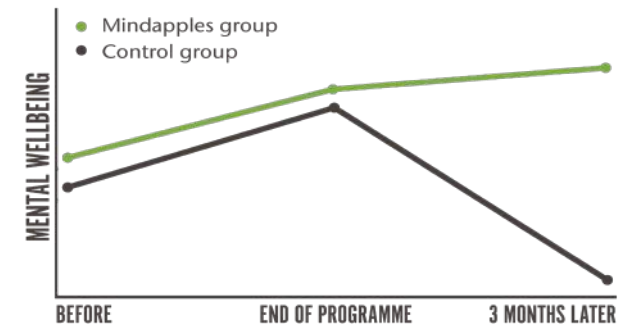
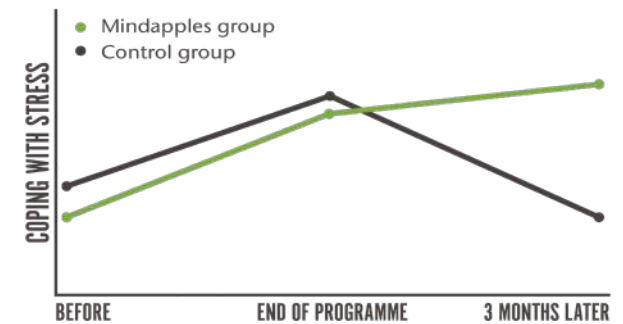
We deliver our content in a range of formats including:

- 🍏 **Webinars** delivered via your preferred platform, including MS Teams, Zoom, WebEx and Telepresence. A cost-effective way to reach distributed teams.
- 🍏 **Workshops** held in your organisation or off-site for up to 40 people. Perfect for wellness programmes, lunch and learns and breakfast briefings for busy people.
- 🍏 **Keynote talks** for conferences and auditorium sessions, allowing you to reach hundreds of participants. Perfect for large offices, away days and corporate events.
- 🍏 **Team offsites** combining two topics into half-day sessions with more discussion, exercises and group reflection. Ideal for team days and departmental workshops.

All our sessions are accompanied by **handy booklets** and **downloadable tip sheets** to help people remember the content. Our printed materials are also available for bulk purchase for use as giveaways, desk-drops and welcome packs for new starters.

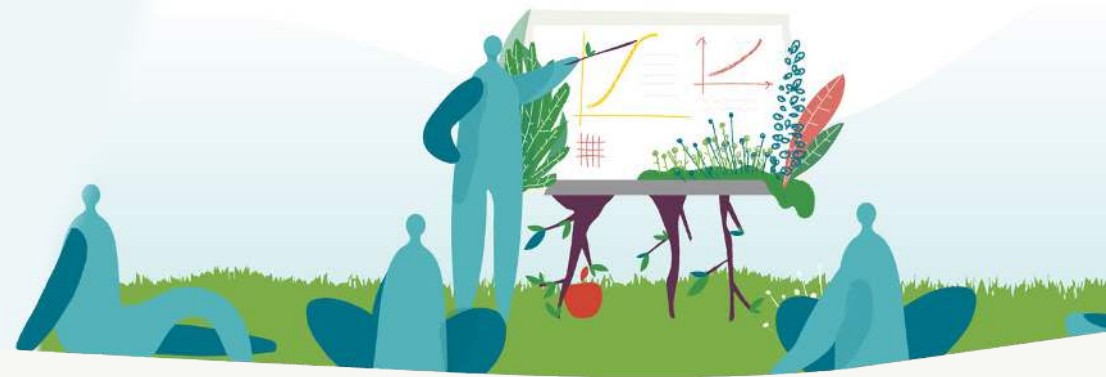
MEASURABLE IMPACT

Evaluation by the University of York found **statistically significant improvements** in the wellbeing and resilience of our participants.



MASTERCLASS TOPICS

Each masterclass can be delivered separately or combined into team days and wellness programmes.



- 🍏 **Feed your mind:** an introduction to what affects your mind and how to maintain your wellbeing through good habits.
- 🍏 **Understand mental health:** explore the causes and symptoms of mental ill-health, and find out how to help people recover.
- 🍏 **Sleep well:** good sleep is vital for mental health, so learn how to sleep better and wake up feeling refreshed.
- 🍏 **Master your moods:** your moods influence your thoughts and behaviour. Learn how to manage your moods proactively.
- 🍏 **Keep calm:** anger and anxiety can affect our health and relationships, so find out how to keep your mind calm.
- 🍏 **Be happy:** happiness can be elusive, so find out more about the science of happiness, and learn how to be sad too.
- 🍏 **Get motivated:** explore the limits of willpower and discover the three ingredients that inspire us to succeed.
- 🍏 **Handle pressure:** too much pressure causes stress, but building your resources can get you through stressful situations.
- 🍏 **Be resilient:** things don't always go to plan, so learn how to cope with change and bounce back from setbacks.
- 🍏 **Know yourself:** explore your personality and find out how to play to your strengths and relate better to others.

- 🍏 **Train your mind:** your mind changes all the time, so learn how to improve your memory, learn new skills and get smarter.
- 🍏 **Change your habits:** anything you do regularly can become a habit. Find out how habits form, and how to retrain your mind.
- 🍏 **Think digitally:** set boundaries with technology, build healthy habits, maintain connections and be the master of your devices.
- 🍏 **Be productive:** work smarter, not harder, by concentrating better, managing energy and becoming more productive.
- 🍏 **Work sustainably:** burnout can affect anyone so build good habits for working sustainably and maintaining your wellbeing.
- 🍏 **Make smarter decisions:** learn how your mind makes choices, avoid bias and prejudice, and make more rational decisions.
- 🍏 **Think creatively:** creativity can be learned. Nurture your creativity, promote innovation and become more ingenious.
- 🍏 **Influence people:** we influence each other all the time, so use your influence positively and become more persuasive.
- 🍏 **Work collaboratively:** find out how to communicate clearly, share knowledge and build smart, high-performing teams.
- 🍏 **Support people:** knowing how to help can be tricky, so explore how to listen better and be there for people in need.

Combine two topics together to make half-day workshops and check out our management seminars for line managers and team leaders.