

ONLINE TRAINING



Unlock Your Team

After the success of their book **Unlock You**, published by Pearson in 2019, Andy Barker and Beth Wood teamed up with Brian Cooley to develop and expand the commercial application. **Unlock Your Team** training programme is the result of this collaboration. By focusing on wellbeing, cognitive thinking and personal effectiveness the **Unlock Your Team** training fundamentally impacts the areas that are fuelling the 'burnout' epidemic.



There are three parts to the Unlock Your Team learning and development programme:

- **Mental Health Training**
Addressing stigma, promoting understanding and preserving life
- **Cognitive Training**
Scientifically proven ways to improve how we think, feel and behave
- **Business Smart Training**
Closing the skills gap to allow people to function with confidence

The combination of these three training areas will support the Wellbeing Strategy for your organisation. At the heart of our approach is understanding your commercial objectives and then delivering the Unlock Your Team programme to accelerate progress towards your goals.

Online Training Courses

We offer a range of courses that are delivered in 1, 2 and 4 hour sessions, and through distance learning. We use live interactive online training, webinars and e-learning. All of our techniques are designed to support measurable learning outcomes that can be sustained. Our prices are competitive and we are focused on delivering exceptional results for the financial investment you make with us.

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Mental Health Training

MHFA England – Mental Health Aware

MHFA England – Mental Health First Aid

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Build Resilience

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Understanding and Managing Stress

Feel Positive

The Sleep Masterclass

Business Smart Training

Gifted Sales Techniques

Presentation Techniques

Personal Effectiveness

Discovery

Our initial discovery session is the best way to figure out what your organisation needs. We will help you save time and money, by asking the right questions to create a Wellbeing Strategy for your people that drives fulfilment and the bottom line.

Mental Health Training Online

MHFA England - Mental Health First Aid

The new online course from Mental Health First Aid England will teach you practical skills to spot the triggers and signs of mental health issues. It will help you gain confidence to step in, reassure and support a person in distress.

On completion you will be a certified Mental Health First Aider.

This online course is delivered by Mind Fitness Training through the MHFA England Online Learning Hub.

Learning takes place through four live online training sessions, spread across two weeks, with self-learning activities in between.

Session 1

Individual learning (1 hour)

Live Online session (1 hour 45 minutes)

Session 2

Individual learning (2 hours)

Live Online session (2 hours 20 minutes)

Session 3

Individual learning (2 hours)

Live Online session (2 hours)

Session 4

Individual learning (2 hours)

Live Online session (1 hour 55 minutes)

Everyone who completes the course gets:

- **A certificate to say they are Mental Health First Aiders**
- **A manual to refer to whenever they need it**
- **A workbook including a helpful toolkit to support their own mental health**

Up to 16 attendees per session

MHFA England - Mental Health Aware

It's really important that we all know the key signs of the major mental health conditions and what to do if those around us physically and in our virtual office spaces begin to struggle or are in crisis.

The MHFA England course also helps to raise issues around stigma and understanding and establish why this awareness is now a priority area for all organisations.

This 4 hour online session raises awareness of mental health and covers:

- **What mental health is and how to challenge stigma**
- **A basic knowledge of some common mental health issues**
- **An introduction to looking after your own mental health and maintaining wellbeing**
- **Confidence to support someone in distress or who may be experiencing a mental health issue**

Format

Online learning takes place through a mix of presentations, group discussions and activities. Delegate numbers are limited to 16 so that the instructor can keep people safe and supported while they learn

Everyone who completes the course gets:

- **A certificate of attendance to say they are Mental Health Aware**
- **A manual to refer to whenever they need it**
- **A workbook including a helpful toolkit to support their own mental health**

Mental Health Awareness Course Duration

4 hour course (with 2 short breaks)

Up to 16 attendees per session



Mind Fitness instructors are licenced by Mental Health First Aid England to provide Mental Health First Aid face to face and online training.

Cognitive Training Online

We call our cognitive training Mind Fitness and it is used by a diverse spectrum of organisations across the UK; we use insights from neuroscience to equip people to make lasting personal progress towards their goals.

Drawing on CBT and Mindfulness and delivered through the medium of Creative Learning, Mind Fitness Training is proven to build resilience and engagement. Critically, in these uncertain times, MFT develops adaptive abilities and the capacity to positively embrace change.

Managing Anxiety

The reality of working from home while trying to cope with schooling children, maintaining relationships, dealing with the constant stream of worrying news and simple cabin fever is a million miles from the idyllic no-more-commuting dream. We must not underestimate the stress that we are all under as we try to cope with unprecedented change to our lives.

This is an essential course to show you how anxiety occurs and how you can keep yours under control. It will give you a range of simple coping strategies to help you stay strong and productive and maintain a level of positive mental health.

- **Manage stress more effectively**
- **Challenge common beliefs that undermine resilience**
- **Retain a more positive mindset and a belief that you can cope**

1 hour course

Up to 20 attendees per session

Staying Positive

A positive outlook depends on robust rational thinking. If positivity is superficial, it floods away when a crisis comes along. However, when a positive outlook is based on rational thinking and acceptance, it holds up. That gives you more confidence, nurturing positive thought which further supports you in dealing with any crisis.

You will learn a range of techniques that enable you to employ a positive outlook in this most challenging of situations. Using techniques evidenced by neuroscience, the course allows you to see how empathy, compassion and reflection can be used to build resilience, self-value and better mental health.

- **Build self-confidence and a more resilient approach to adversity**
- **Develop greater motivation during tough times**
- **Create realistic self awareness built around Unconditional Self Acceptance**

1 hour course

Up to 20 attendees per session

Better Sleep

The World Health Organisation has declared that sleep deprivation is epidemic in the western world. And that's only half the story because the quality of sleep is equally important to physical and mental health, and also to performance.

The course looks at our need for sleep, the different types of sleep, and the impact of sleep on every aspect of our lives.

- **Understand how we impact our sleep and how sleep, good or bad, impacts our daily lives**
- **Learn daily practices to help you to sleep better**

1 hour course

Up to 20 attendees per session

Mindfulness

By connecting you with the present moment, the now, mindfulness can be a powerful tool to release creative insight as well as to reduce stress and enhance the ability to reflect. Using techniques evidenced by neuroscience, the course enables you to see how you can reset our anxiety and let go of all negative self-talk.

- **Develop a simple mindfulness practice that will significantly boost focus and performance**
- **Use mindfulness exercises in stressful situations to stop the fight or flight response and re-establish clear thinking**
- **Use mindfulness to press the clear button and pause the constant clutter of modern life**

2 hour course

Up to 20 attendees per session

Managing Your Mindset

We can challenge and change our thinking so that we retain a more positive mindset and optimise function around analytic ability and ideas. Using techniques evidenced by neuroscience, the course enables you to understand the basis of a growth mindset and how you can keep it firmly in your grasp.

- **Reframe your response to difficult situations so that you feel able to cope**
- **Understand the common forms of cognitive bias that can undermine your resilience**
- **Know the best possible state in which you can learn and develop**

2 hour course

Up to 20 attendees per session

Build Resilience

You will learn how to powerfully enhance your resilience by changing the way you respond to challenging situations. Using techniques evidenced by neuroscience, the course enables you to build new pathways that will result in better decisions, a real acceptance of change and increased emotional intelligence.

- **Reframe unhelpful, progress-inhibiting beliefs and attitudes**
- **Strengthen your Emotional Intelligence using a range of science based tools**
- **Make better decisions based on clear rational understanding**

2 hour course

Up to 20 attendees per session

Setting and Achieving Goals

The more specific and authentic your goals the more you will be motivated to commit to them, persevere where necessary, and achieve. Using techniques evidenced by neuroscience, the course enables you to examine the ways you commonly self-sabotage and ensure that you stay firmly on course.

- **Use goalsetting and alignment to release aspirations and potential**
- **Understand the obstacles that have prevented you from achieving your goals**
- **Use simple techniques to recognise when you have moved off track and need to course correct**

2 hour course

Up to 20 attendees per session

Understanding and Managing Stress

You will learn how to manage your fight or flight response and to harness positive stress to drive performance. Using techniques evidenced by neuroscience, the course will show you how to stop thinking errors leading to unhealthy stress and stop automatic negative thoughts hi-jacking your creative thinking.

- **Identify the peak level of stress that we need to perform at our best**
- **Recognise the signs of when we are tipping into unhealthy stress**
- **Use techniques to reduce stress and regain control**

2 hour course

Up to 20 attendees per session

Feel Positive

You will learn a range of techniques that will enable you to employ a positive outlook in the most challenging of situations. Using techniques evidenced by neuroscience, the course allows you to see how empathy, compassion and reflection can be used to build resilience, self-value and better mental health.

- **Understand how your emotional state depends on your thinking, and can be changed**
- **Understand how the way we value our self dictates the way that we navigate the world**
- **Understand how a positive mindset can stop you self-sabotaging and propel you towards your goals**

2 hour course

Up to 20 attendees per session

Sleep Masterclass

The course looks at our need for sleep, the different types of sleep, and the impact of sleep on every aspect of our lives. It covers some critical Dos and Don'ts and examines treatments including the effectiveness of CBT I (Cognitive Behavioural Therapy for Insomnia), now recommended over sleeping tablets by the majority of sleep specialists.

- **Understand how we impact our sleep and how sleep, good or bad, impacts our daily lives**
- **Use sleep as a tool to improve mental and physical health**
- **Learn daily practices to help us to sleep better and tools to tackle insomnia when it comes**

2 hour course

Up to 20 attendees per session

Business Smart Training Online

We provide specific business skills training based on the areas of greatest need within your organisation. All our skills-based training is designed using neuroscience which accelerates progress and ensures that the learning outcomes are deeply embedded.

Gifted Sales Techniques

An introduction to proven techniques that make sales success a certainty. This course is designed for those interested in developing their influencing abilities to help people make purchasing decisions. It also focuses on understanding and removing the stress-point of many sales conversations - closing time.

- **Understand what is required before you begin any sales conversation**
- **Know where you are in the sales process at any given point of the conversation**
- **Have a route map for how to increase your personal sales productivity**

2 hour course

Up to 20 attendees per session

Presentation Techniques

Know what to focus on so that your presentations engage, illuminate and influence your audience. This course is designed for anyone wanting to develop their presentation skills across a variety of business settings. Delegates will learn how to quickly construct and deliver persuasive presentations.

- **Have the ability to apply the technique to any subject matter**
- **Gain an increased confidence in your presentation skills**
- **Be able to analyse diverse presentation styles**

2 hour course

Up to 20 attendees per session

Personal Effectiveness

An examination of the behaviours that make collaborative working more successful. This course challenges your thinking to assess the communication habits you have developed and identify where you want to make progress. Becoming more self-aware increases your ability to empathise with colleagues.

- **Take responsibility for what being prepared for work really means**
- **Have the ability to reflect on inputs and make adjustments**
- **Have increased confidence in group settings**

2 hour course

Up to 20 attendees per session

Online Training - Course Duration

Time in busy organisations can be very tight, so Mind Fitness Online Training courses are designed to be adaptable with two delivery options.

Option 1

2 hour courses delivered as 1 x 2 hour session.

The course runs 115 training minutes with a 5 minute midway break.

Option 2

The course delivered as 2 x 1 hour sessions

Each 1 hour session of the course runs 60 minutes with no break. The course sessions can be delivered on the same day or within the same week.

Online Courses can also be purchased as a complete series at discounted rates for multiple bookings. Contact us to find out more, to discuss your specific requirements or for a quotation.

“Wherever your organisation is regarding the development of its wellbeing strategy, the Directors of Mind Fitness are here to help. In the immediate short term, we can offer relevant online training that brings delegates together in an engaging and collaborative way.

The global pandemic that we are currently coping with will have many varying impacts for individuals and businesses. The need to have well thought out and well executed mental health and wellbeing support, will become vital in the weeks and months ahead. Now is the right time to start the conversation about making your organisational goals the highest priority by putting the wellbeing of your people above everything.

If your organisational goal is to emerge from this global crisis with optimism, then it will require foresight and readiness. Let us help with that ambition.

Please feel free to make contact to find out how the Unlock Your Team online product set, can become your cost-effective competitive advantage.”

Andy Barker, Beth Wood and Brian Cooley

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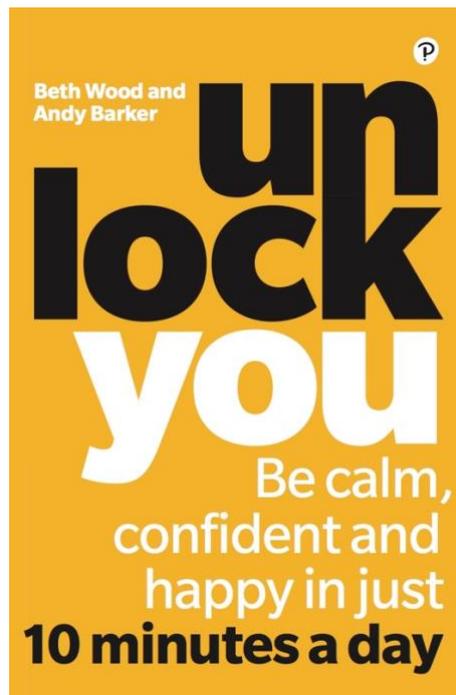


Unlock You – The Book

By Andy Barker and Beth Wood – published by Pearson

Can be branded and supplied at discounted rates to clients direct from Pearson.

Unlock You is the perfect companion to the Mind Fitness Training Online programmes.



Mind Fitness Training

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