

INSET: MIND ARMOUR

Available Formats and Pricing

Twilight Introduction
Half Day Development
Full Day Comprehensive

Available Online or Face to Face
*Priced per head with Group discounts available

Course Introduction

Stress and burnout are becoming more common place in the working environment. Women are twice as likely to suffer from stress than men (MHFA 2020), and with the onset of Covid, stress, depression and general anxiety are increasing at an alarming rate, especially in the subgroups of young adults and children (Mental Health Foundation 2020).

What is also driving this crisis is a lack of awareness of how daily life and work pressures are impacting upon us. Equally, it could be an unrealistic achievement orientation, over expectation, gender bias or even unrealistic goal setting that is creating dissatisfaction. Ultimately performance will suffer.

Course Outcomes

By the end of the INSET, delegates will have:

- Understand key factors of mental health, well-being, emotional confidence, resilience, motivation and belief systems
- Identify and understand current stress levels via a personalised audit
- Create an action plan of personalised goal setting
- Understand motivational drivers and how these are linked to personal achievement orientation
- Measure and accelerate personal self-belief, resilience and emotional confidence

Trainer Profile

Ross McWilliam has been involved with formal education for over 30 years and has probably changed the lives of over one million children, young adults and professionals within the field of mindsets. He has worked with over 1,000 schools and businesses and has a real passion for helping to develop and sustain professionals.

Ross is accredited by Mental Health First Aid England (MHFA) and delivers training and keynote speaking at various national conferences, school clusters and business managers forums.

"The Mind Armour course is a collection of concepts and practical strategies that anyone can use to improve mental health, resilience and self-belief. Especially during these challenging times, and using Ross's expertise in particular, it is a really effective way of achieving more success and enjoyment in both our professional and personal lives."

Julie Cole, Headteacher, Pool House School



07771 916 788



ross@mindsetpro.co.uk



www.mindsetpro.co.uk



MINDSETPRO
ROSS McWILLIAM
DEVELOPING PEOPLE - IMPROVING PERFORMANCE