



MINDSETPRO[®] UK
ROSS McWILLIAM
MINDSET SKILLS FOR PROFESSIONAL DEVELOPMENT

MindsetPro Corporate Pathways & Programmes

MindsetPro is a bespoke personal and professional development programme developed by Ross McWilliam using his 40+ years of experience to achieve individual and collective success. Ross has helped FTSE organisations and SMEs in the UK and overseas to improve their performance.

MindsetPro provides impact-driven corporate training designed to improve individual mental health awareness, organisational wellbeing, communication, resilience and leadership capability.

Every programme is designed to create psychologically safe learning environments where people feel heard, supported and equipped to perform at their best.

Practical Accredited Training for Managers, Leaders and Teams

Pathways & Programmes (Max 12 delegates)

- 1 PROTECT - Promising Professionals Pathway (PPP)
- 2 GROW – Managers on the Move Upwards (MMU)
- 3 SUPPORT– Leaders Supporting Self & Others (LSSO)



Ross McWilliam
BA Hons, MSc, Coaching,
PGCE, CMI Level 7 Coach
MHFA England



The CPD Accreditation Office

BOOK NOW

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PROTECT COURSE – Promising Professionals Pathway (PPP)

- Self-worth, belief & confidence
- Smart resilience + growth mindset
- Empathetic communication & conflict skills
- Mental health self-awareness & support
- Emotional intelligence basics
- Time management & planning
- Visualization for calm & performance
- Skills audit & personal growth

GROW COURSE – Managers on the Move Upwards (MMU)

- Power listening, conflict & negotiation
- Psychological safety in the workplace
- Emotional intelligence to empower teams
- Wellbeing-first leadership
- Memory & performance tools
- Active empathetic listening
- Visualization techniques
- Measured growth through skills audit

SUPPORT COURSE – Leaders Supporting Self & Others (LSSO)

- Learn to polish the 4 C's - Calm, Clarity, Confidence & Communication
- Leadership fundamentals
- Feed forward & reflection techniques
- Coaching through barriers
- Strategic thinking & decision making
- Negotiation mastery
- Visualization for presence & influence
- Leadership skills audit

Pathway Pricing (max 12 delegates):

1 day - £1,250

2 day - £2,250

3 day - £2,750

3.5 day - £3,000

Pathway Reward - once any pathway has been completed, you are rewarded with 25% off any other pathway

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MindsetPro Training Programmes:

1. Unleashed Core 100% Thrive Mindset (All Staff)
2. Ways To Wellbeing – Practical Strategies and Tools (All Staff)
3. Power Communication Skills to Unleash Impact (Managers & Leaders)
4. Mental Health, Mindset & Trusted Listener (CIPD Certification – All Staff)
5. Empathetic Active Listening & Language (Managers & Leaders)
6. Mindset Motivation to Inspire Teams
7. Holistic Visualisation to Maximise Performance
8. Holistic Mental Health & Well-being – Self, Team & Organisational Development
9. Smart Resilience & Practical Stress Management (Managers & Leaders)
10. LLAMA Communication for Elite Team Leadership & Performance
11. How Do New Leaders Lead?
12. Negotiation, Influence & Diffusing Difficult Situations (Managers & Leaders)
13. Onboarding Mindset Toolkit for Aspiring Professionals
14. Introduction to Coaching Masterclass (Senior Leaders)
15. Introduction to Speaking Masterclass (Senior Leaders)
16. In-House Express Performance Webinars
17. MHFA Adult 2 Day & Youth Mental Health – Refresher, Half Day, Champions & Managers

All MindsetPro training can be delivered in flexible formats:

- Half-Day Express Workshops
- Full-Day Training
- Multi-Day Immersive & Delayed Training Programmes
- Bespoke Development Pathways
- Express Webinars 15 mins to 60 mins

Why MindsetPro?

- Delivered by an experienced practitioner with over 40 years in performance, education and leadership
- Evidence-based, practical and immediately applicable
- Human-centred and psychologically safe by design
- Trusted by organisations seeking lasting behavioural change

Testimonial from Wellocks

"Ross developed a custom training course around the mental health for our management team. The training was highly valuable and provided practical insights and tools that are immediately useful in today's leadership roles. Training was delivered in an engaging and interactive way, combining real-life examples, practical exercises, and constructive discussions. It was far more than theoretical content - every part offered techniques and perspectives that can be applied directly in daily management.

I highly recommend this training for any leadership team looking to strengthen their skills in supporting mental well-being in the workplace".

About Ross:



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www.mindsetpro.co.uk 

www.mindarmourtraining.co.uk 

www.cuppajourney.com 