



MINDSETPRO[®] UK

ROSS McWILLIAM

MINDSET SKILLS FOR PROFESSIONAL DEVELOPMENT



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.

SME Business Express Journey

Take a ride on the SME Business Express for a new way of learning for today's SME business leaders

- Shorter journey time with sustainable support
- More ticket choice to suit bespoke SME need
- Access up-to-date knowledge, skills and behaviours embedded in psychological safety
- Learn with clarity for immediate impact and implementation
- Focus on YOUR key business personnel
- Choice of individual and group environments
- Ongoing support with every ticket AFTER your journey ends

1 Book Your Ticket

- Choice of Bronze, Silver or Gold

2 Board The SME Business Express

- When you are ready, start your journey, and you can change your timetable if you want to hop on and off when it suits you

3 Destination Arrival

- Staff have accredited practical up-skilled knowledge, skills and behaviours and collect **25% off all other MindsetPro courses, Mind Armour accredited Train The Trainer courses and all MHFA training in 2026**

Bonus Service

- YOU can also be part of the delivery either by featuring in a QA with myself, or by direct contribution within any learning medium – this is real empowerment of staff



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



The CPD Accreditation Office

BOOK NOW

ross@rossmcwilliam.com | 07771916788 | www.mindsetpro.co.uk



Tickets

Bronze

- 2 x 15 minute recorded bespoke content - access at leisure
- 2 x 30 minute learning online bespoke live webinars
- 1 x Three Power Hours online express learning
- 1 x Half Day face to face express local learning*
- 1 x 1 Hour 1-2-1 coaching session
- 1 x Mind Armour My Way Express Leader Access
- 1 x Mind Armour Online Course Choice
- Access to over 50 Holistic Visualization Resources
- Quarterly Ross Cast Access & Invitation to Feature

Ticket Value Group Rate: £1,250

Sliver:

- 3 x 15 minute recorded bespoke content access at leisure
- 3 x 30 minute learning online bespoke live webinars
- 2 x Three Power Hours online express learning
- 1 x Full Day face to face express regional learning*
- 2 x 1 Hour 1-2-1 coaching session
- 2 x Mind Armour My Way Express Leader Access
- 2 x Mind Armour Online Course Choice
- Access to Holistic Visualization Resources
- Quarterly Ross Cast Access & Invitation to Feature

Ticket Value Group Rate: £2,000

Gold:

- 4 x 15 minute recorded bespoke content access at leisure
- 4 x 30 minute learning online bespoke live webinars
- 3 x Three Power Hours online
- 1 x Full Day face to face express national learning*
- 3 x 1 Hour 1-2-1 coaching session
- 3 x Mind Armour My Way Express or Full Day Leader Access
- 3 x Mind Armour Online Course Choice
- Access to Holistic Visualization Resources
- Quarterly Ross Cast Access & Invitation to Feature

Ticket Value Group Rate: £2,500



About Ross:



07771 916 788

ross@rossmcwilliam.com

www.mindsetpro.co.uk

www.mindarmourtraining.co.uk

www.cuppajourney.com



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. Mind Armour 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

MHFA Adult & Youth Mental Health Two Day

MHFA Refresher, Half Day, Champions & Managers

Mind Armour Accredited Training

My Way Express Leader & One Day accredited training in Mental Health, Mindset & Trusted Listening – Gateway to becoming an accredited Mind Armour Trainer

Make YOUR choices and start your SME Business Journey today