MENTAL EFFECTIVENESS AT WORK

Practical tools to help people get more from their minds.

The performance of any business depends on **the performance of the minds of its staff**.

Many things can prevent people from being mentally effective at work. Stress, ill-health, poor management, loss of motivation, powerlessness and issues in corporate culture can all combine to stop people from performing at their best, which is bad for them, and bad for your business.

Mindapples provides **a framework for managing mental effectiveness**. We offer specialist training and development programmes to transform corporate culture and help your staff be as mentally effective as they can be. We do this by delivering **practical insights from psychology and neuroscience** in smart 90-minute training workshops, and engaging staff in reflecting on what they need to be mentally effective at work.

This is a high-impact, transformative development programme that will give your business the **essential knowledge** you need to get the best from your people.

TRAINING SESSIONS

Smart 90-minute modules covering essential topics from mood regulation to creativity.
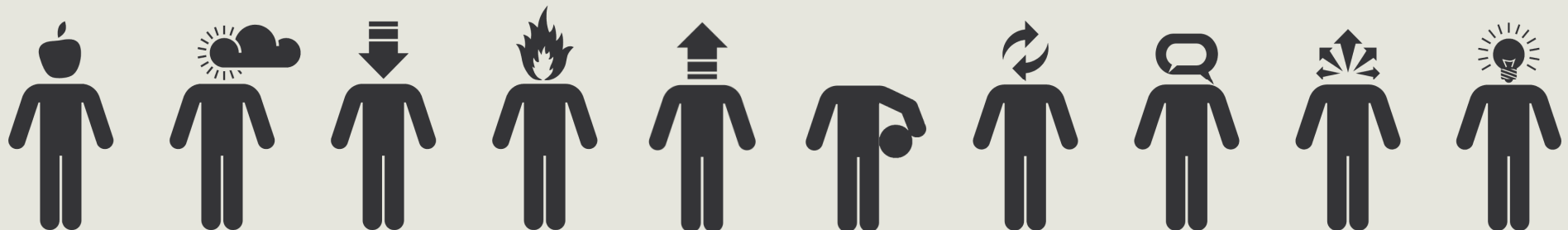
1. 5-a-day for Your Mind

Around 40% of our mental state is shaped by our daily actions. So if we can take care of our bodies by going for a run, or eating an apple, what about our minds? This session explores how our actions affect our minds, and shares practical insights from health, psychology and neuroscience to help people stay healthy and effective in their life and work.

2. Master Your Moods

Our behaviour is shaped by our moods. Our ability to concentrate and interact with others depends on subconscious factors like energy levels and tension. This session gives a simple framework for understanding and monitoring mood, and offer tips and techniques to help individuals manage their moods and remain effective throughout the day.

3. Thrive Under Pressure

Pressure is a reality of modern life. Often associated with increased sickness and poor performance, in the right circumstances it can motivate people and boost performance. This session teaches the psychology of handling pressure and gives individuals and teams practical tools to improve their mental effectiveness in pressurised environments.

4. Work with Personality

We're all different. By understanding the traits and characteristics that make each of us unique, we can learn what activities suit us best and how to play to our strengths in the workplace. This session helps people try new behaviours to develop their careers, and gives managers insights into nurturing talent and leading diverse teams more effectively.

5. Stay Motivated

The best businesses get maximum effort from their people. The science of motivation is increasingly showing that money has only a limited impact on our drive and output. This session unpacks what really drives us to contribute and succeed at work, helping individuals stay focussed on their goals and giving leaders tools to inspire their people.

5. Make Smarter Decisions

Businesses depend on people making the right decisions at the right times. In this session we explore the mental processes we use to take decisions, the psychological factors that throw our decision-making off course, and how to create processes and environments that support accurate and informed decision-making at work.

7. Influence Others

We influence each other all the time without even realising it. A happy worker can make colleagues happier; a stressed manager can cause stress in a team. This module explores the science of influence, and shows how subconscious triggers can be used to inspire teams, support colleagues and build better relationships with our customers and each other.

8. Create and Innovate

Tapping into the creativity of your staff is becoming a business imperative. Businesses that fail to innovate are increasingly being left behind in a changing market. This session shows how managers can nurture creativity in their staff and pinpoints the common blockers that prevent innovation from flourishing.