



MENTAL WELLNESS IS GOOD FOR BUSINESS

The performance of your business hinges on the **performance of the minds of your staff**.

- ➔ People are **22% more productive** when in a positive rather than a negative state.¹
- ➔ A 20% increase in employee health and commitment can **increase sales by 9%**.²
- ➔ Health promotion programmes are showing an annual return on investment of **9 to 1**.³
- ➔ Wellbeing programmes promote greater **employee engagement, innovation and productivity**.⁴

20% of businesses have increased their promotion of health and wellbeing since the recession.⁵

CREATING A CULTURE OF HIGH PERFORMANCE

Most organisations claim **people are their most important asset**, yet more than half of Britain's employees are unhappy at work.⁶

5 KEY FACTS

- ➔ 37% of companies are reporting an increase in their employees' mental health problems.⁷
- ➔ 69% say **increasing levels of stress** have been an issue in the last three years.⁸
- ➔ 41% of managers and 53% senior managers are seriously considering **leaving their jobs**.⁹
- ➔ Staff could have **recourse to law** if their work has contributed to their conditions.¹⁰
- ➔ Anxiety and stress cost the UK economy **£26 billion each year**.¹¹

Rising costs related to employee sickness and performance are pushing health and wellbeing onto the **strategy agenda** at the Board level in many UK companies.¹²

RESILIENCE CAN BE LEARNT¹³

$$\text{WELLBEING} = G + L + Y$$

G: GENETIC DETERMINANTS	50%
L: LIFE CIRCUMSTANCES	10%
Y: YOUR ACTIONS	40%

GET MORE FROM YOUR MIND

Mindapples helps people **take better care of their minds** to improve health and performance.

- ➔ Our development programmes give you the **practical knowledge** you need to manage your mind more effectively.
- ➔ We deliver essential knowledge about **how your mind works**, to help you understand yourself and others and make more informed choices in your life and work.
- ➔ We give you the tools you need to **increase your resilience** and **mental performance**.

This **proactive approach** helps you to stay well, and work better.

" Mindapples is an idea that is gaining ground at a time when both professionals and politicians are focussing on people's wellbeing "



YOUR MIND: A USER'S GUIDE

Introduce essential knowledge into your business with our range of **90-minute knowledge sessions**.

Each session is delivered by experienced facilitators, **lecture-style** or in **small interactive groups**, and supported by learning tools to embed knowledge and build lasting cultural change.

Packages start at £995 for a single module and are tailored to your requirements.

Contact us now on hello@mindapples.org to **build a programme to suit your business needs**.

	MODULE	OBJECTIVES	BENEFITS
BRAIN	Feed your mind Maintain your mind for increased health and resilience	Maintain health Build resilience	Reduced sickness Increased wellbeing
	Mood regulation Manage mood states for optimum performance	Maintain performance Aid concentration	Increased productivity A resilient culture
	Pressure & stress Handle pressure and manage challenging situations	Handle pressure better Minimise stress	Effective management Responsible employment
MIND	Drive Discover what motivates you and others to succeed	Develop your career Understand your values	Employee engagement Discretionary effort
	Learning Understand how you learn and develop new skills and habits	Learn more effectively Change your behaviour	Talent development A learning organisation
	Decision-making Explore your decisions and spot subconscious influences	Evaluate opportunities Make better choices	Improved risk management Fewer mistakes
PEOPLE	Personality Turn difference into advantage by playing to your natural strengths	Harness your strengths Relate better with others	Talent retention Empowering management
	Influence Have a positive impact on the people around you	Work better in teams Influence others	High performing teams Inspiring leaders
	Emotion Understand your emotions and communicate more effectively	Manage anger and reactions Build healthier relationships	Clearer communication Better working environment

" I find Mindapples a pretty intriguing concept, which could really catch on... will the 2010s see the arrival of serious preventative mental health? "

the guardian



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