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fitness

# Mind Fitness Training

OVERVIEW



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## Mind Fitness Mission

We support people to live and work at their best, with less stress and better overall wellbeing, by sharing the neuroscientific insights that underpin the Mind Fitness approach to learning.

We work across multiple business sectors and specialise in the unique challenges of the creative arts: games creation, the visual arts, film, theatre and television.

In 2021 we worked with over 300 organisations globally, ranging from household names in the games industry to digital start-ups. Our training centres on mental health awareness, wellbeing best practise and business effectiveness skills. The Mind Fitness approach delivers consistent progress towards individual and organisational goals.



## Mind Fitness Services

### Training

Courses in Mental Health, Wellbeing & Business Effectiveness

Our training sessions are highly interactive. We create dynamic learning environments and encourage people to share their perspective in a safe atmosphere.

### Performance Coaching

We offer 1:1 coaching to support people to embed learning insights into their daily lives.

### Consultancy

We have practical experience of helping Senior Leadership Teams create strategies around Wellbeing, Diversity and Inclusion, Culture Transformation, Interpersonal Skills Frameworks, Psychological Safety and much more.

### Facilitation

We are skilled at helping teams and organisations to plan and execute a variety of events/meetings/activities to achieve clearly defined outcomes. We subscribe to the International Association of Facilitators Code of Ethics.

### Thought Leadership

The Directors of Mind Fitness share insights from their lived experiences, through writing and media work (Unlock You published by Pearson 2018, Developing Your Emotional Health published by Nick Hern Books 2022 and Unlock Your Team in production 2022). They also contribute via article commissions, interviews and podcasts. They regularly speak at events and contribute to panel discussions.

## Contact Mind Fitness Training

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