



# Mind Fitness Overview

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## **"EMPOWERING PEOPLE TO LIVE AND WORK AT THEIR BEST"**

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**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. Our evidence based content and psychologically safe collaborative environment is our USP.**

**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.**

**Over the last 12 months we have worked with over 150 organisations globally, ranging from household names in the games industry, Hollywood production companies to digital start-ups. Our training centres on mental health awareness, wellbeing best practise and essential business effectiveness skills.**

**The Mind Fitness approach delivers consistent and sustainable 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 perspectives in a safe atmosphere.

### Performance Coaching

We provide 121 Performance Coaching to embed learning insights, so they become daily habits. Individuals are empowered to author their own success.

### 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 2023 and Unlock Your Team in production 2024). They also contribute via article commissions, interviews and podcasts. They regularly speak at events and contribute to panel discussions.

**Contact Mind Fitness**  
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