



**Build better habits
to be your best**

Tougher Minds **Resilience** **Skills For** **Business**

“The Tougher Minds approach helps me get the most out of my working day.”

- Senior Sales Executive, multi-national company.

Tougher Minds Resilience skills programmes deliver a range of benefits for individuals and organisations.

They create a virtuous cycle of improved performance and positive behaviour change attributes including:

- reduced stress**
- increased well-being**
- enhanced motivation**
- improved productivity**

More resilient employees, who are healthier, happier and perform better.

How could your workplace be enhanced?

- Is your team productive and high-performing?**
- Do your people lose confidence and motivation?**
- Can team morale be improved?**
- Do you need to improve employee engagement and well-being?**

“My colleagues were not ready for the session to finish. Even two hours after lunch they were all in learning mode and were fascinated by the subject matter.”



Deputy Area Director of Sales, Major Bank

“I feel the Tougher Minds programme has given us all an understanding of how we can take charge of ourselves and how this can be used to improve personal and collective performance. I can't recall any other training which has asked us to think about ourselves and our performances in this way.”



Dean of Faculty, Major Business School

“Tougher Minds provided a very thought provoking programme, illustrating a series of practical, personal skills to improve work performance and output. Their programme is grounded with recent relevant research.”



Senior Lecturer, Oil Industry Training University

“I got the most out of myself and my young squad. We won the League!”



Premier League Football Manager

“Tougher Minds resilience training is a great mental and physical discipline to help you in your daily life, whether you're a parent, a manager or an employee.

“It helps you structure your day and maximise your efficiency. I've been able to apply the techniques to get through some challenging projects. Some of these involved great time constraints and Tougher Minds techniques allowed me to retain focus and avoid distraction.”

“The tools and tactics in the programme are effective for both work and life.”

CEO of global IT company.



Tougher Minds Resilience programmes deliver benefits for people at all levels of businesses and in organisations of all sizes.

- Graduate training programmes - maximise ROI, generate improved outcomes for both participants and businesses.
- Create a new generation of leaders and managers - support your staff to develop in management roles and thereby improve staff retention.
- Support major project teams to achieve excellence - help them to optimise delivery, efficiency and impact of all work.
- Support for employees with families - our bespoke programmes will improve family life, young people's well-being, help them improve in school and flourish in their lives.
- Senior executives / C-suite – teach transformational leadership and how the latest neuroscience can be used to boost performance.

Tougher Minds delivers its highly effective training to enhance resilience and promote positive change, via a range of simple and practical delivery channels. Our programmes can be delivered via both in-depth and bite-size formats.

Bite-size Resilience keynotes



A large group presentation lasting 60-90 minutes. This delivers one key concept from our Bite-size Resilience programme. Repeat sessions can be run throughout the day to offer flexibility for employees to attend. Content is bespoke for clients.

Bite-size Resilience workshops



Medium to small group training sessions, lasting approximately 120-150 minutes. We recommend that approximately 7-10 people attend each session, but we can offer flexibility. Repeat sessions can be run throughout the day to create opportunities for more employees to attend. Content is bespoke for the clients.

One-to-one & small group coaching



Coaching to help participants refine their skills and consolidate new habits. Sessions typically last 40 minutes. We can offer up to six sessions per day, typically reaching around 6-18 people.

Personal Development Plan portfolio



A portfolio document / manual that guides participants through the weekly programme, and their personal development activities. This can be branded for clients.

Performance Planner



A diary-style tool for daily self-watching, that allows participants to measure and monitor their behaviour, and make it easier to build new beneficial habits. This can be branded and made bespoke for clients.

Will Power Boosters



BOOSTER

Participants will receive regular Willpower Boosters, or 'triggers', to help them to maintain their training, and develop new beneficial habits. Willpower Boosters will be tapered, reducing in volume as new habits are established. Triggers can include: 1) emails and social media activity; 2) regular podcasts; 3) pop-up stands and posters; and, 4) regular blogs.

COMING SOON Online Coaching App



A Tougher Minds Coaching App is in development that allows employees daily access to an engaging programme that supports the development of better personal and professional well-being, resilience and performance habits.

Developing resilience and well-being

Our programmes train executives, managers and individuals how to boost their resilience, their performance, their health and their happiness. We call this Me Power®.

How can I motivate myself?



How can I build new habits?



How does my brain work?



How can I improve productivity & creativity?



How can I reduce stress & build confidence?



How can I improve my sleep, diet and exercise?

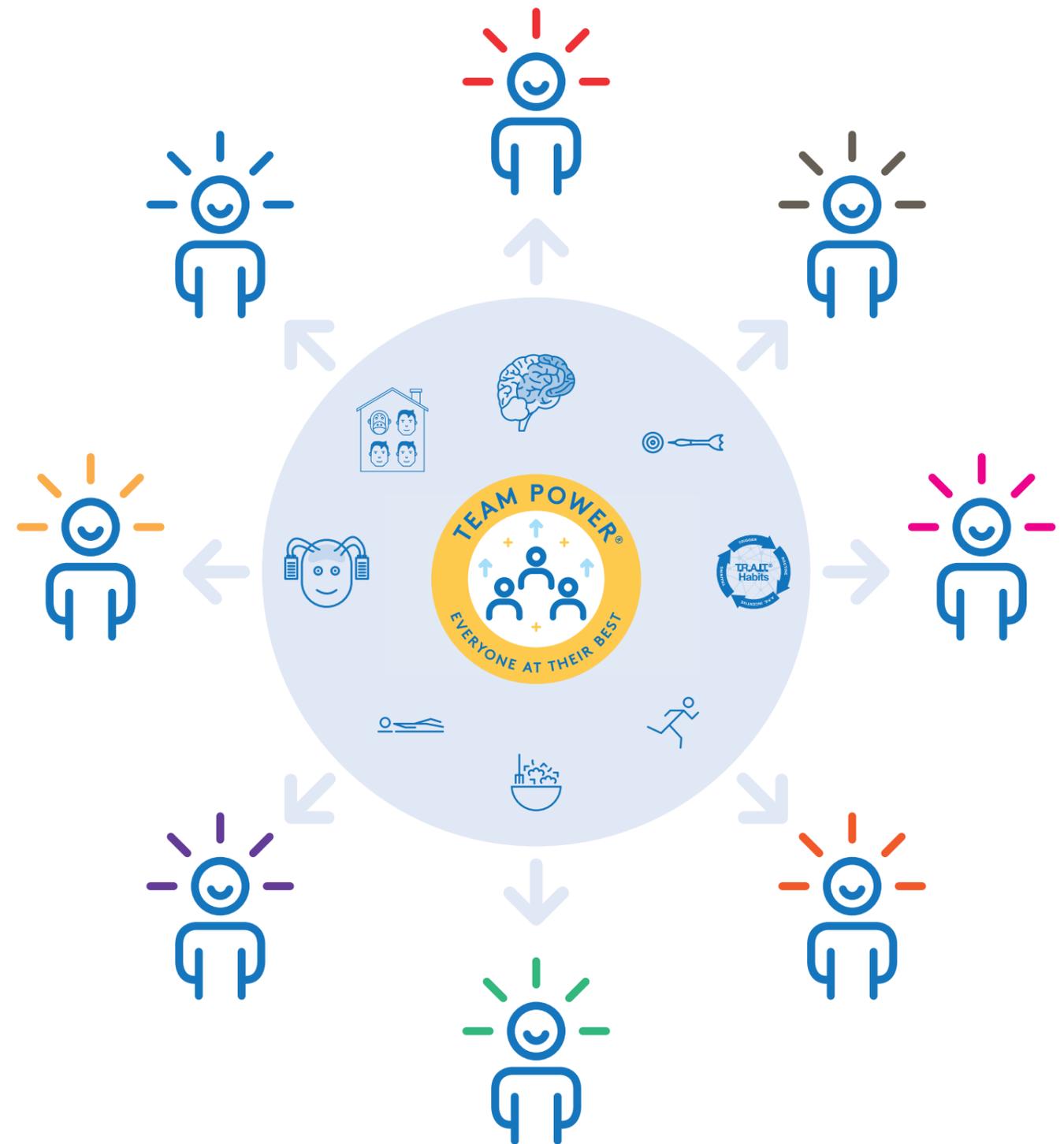


Transformational Leaders

Those benefitting from the programme can be trained to be Transformational Leaders, so that they can help others change their lives and create Team Power®.

“It improved my ability to inspire others, and my leadership on and off the field.”

Jamie Peacock, former Leeds Rhinos player and England Rugby League captain



Individuals

Tougher Minds training delivers benefits for individuals, giving them Me Power[®].

1

Improved professional performance.

2

Enhanced interpersonal skills and relationships with colleagues, with external partners and within teams.

3

Improved confidence and positivity.

4

Increase in personal and collective productivity.

5

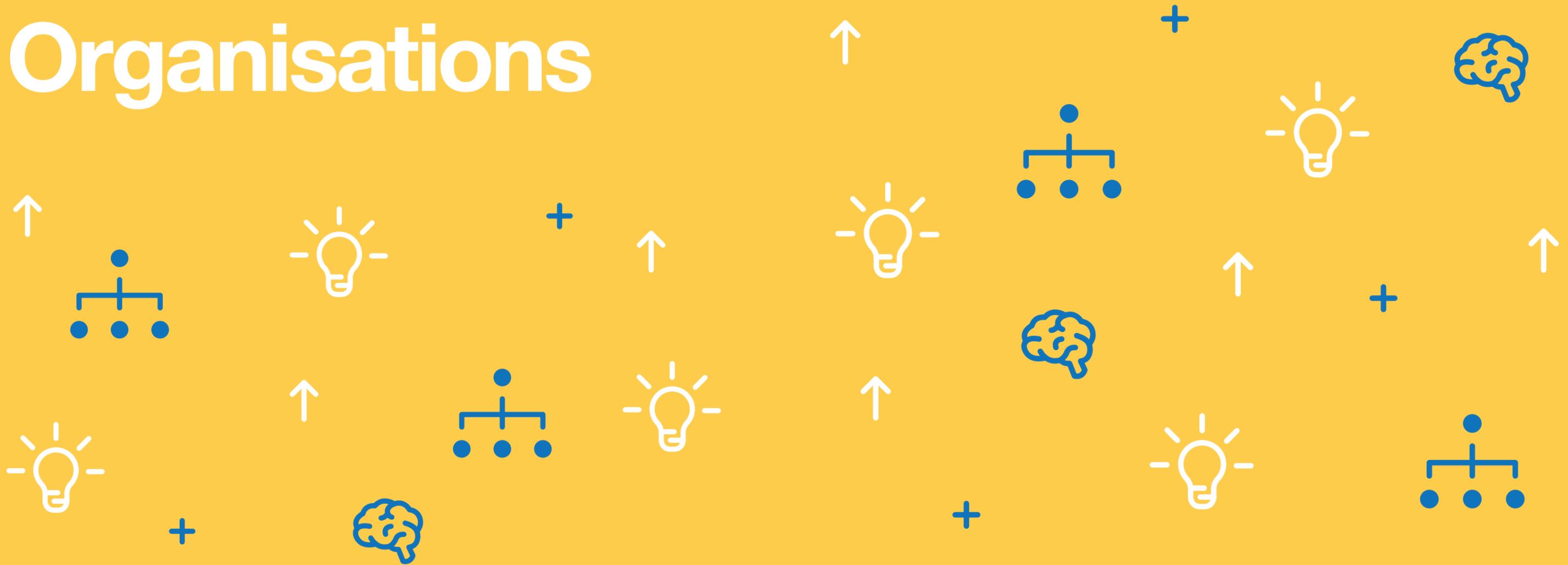
Enhanced resilience, wellbeing and emotional self-regulation.

6

Development of beneficial habits for business and life.



Organisations



**Tougher Minds
programmes deliver
benefits for organisations
and businesses, creating
Team Power[®].**

1

Improved company /
organisational performance.

2

Enhanced delivery of
projects and increased
productivity.

3

More effective management
processes and staff
structures.

4

Increased effectiveness
and ROI for graduate
programmes and other
internal training.

5

Reduces staff costs via
improved retention and
reduced turnover.

6

Increased attractiveness and
differentiation in competitive
recruitment markets for
talent.

Individuals Feedback

“I have really enjoyed the Tougher Minds programme. It has given me an insight into how the brain works... and into improving daily habits.”

*Private Banking
Investment Manager.*

“This session was a real inspiration. [] Really enjoyed the science angle. [] Motivated to make small changes.”

*Local Authority
Education Managers.*

“I couldn't think of anybody better to work with. [Tougher Minds] has helped me so much. I am definitely mentally tougher as a golfer. The biggest thing for me is the confidence I've gained from it and mentally I can only see myself growing stronger and stronger.”

*Ladies European
Tour Golfer.*

“The concepts, the strategies and the techniques were very practical, it was applied knowledge...it showed you how to put this into place so that it actually makes a difference.”

*Head of Change,
Telecoms Industry.*

“The whole aim of the programme is to make you think, so as soon as you apply it either personally or professionally it can have results.”

HR Professional.

“The Tougher Minds programme is very different from other types of training we receive. The team have been provided with a number of tools that can help promote improved performance.”

*Regional Relationship Manager, Major
Clearing Bank.*

Organisations Feedback

“Tougher Minds has improved the concentration, motivation and focus of our trainees.”

*Head of Education,
Sports National Governing Body.*

“The training has helped me think through what I do on a daily basis and identify where I might waste my energies. The programme was very informative and very helpful.”

Head of Business School.

“It's very engaging and very easy to understand. The training helps you remain motivated and shows how you can improve personally and help others.”

*Teaching Fellow,
University Business School.*

“Tougher Minds provided a very thought provoking programme illustrating a series of practical, personal skills to improve work performance and output. Their programme is grounded with recent relevant research as well as having a very practical basis for addressing personal working practices.”

*Senior Sales Executive,
Personal Finance Industry.*

“[The Tougher Minds] bespoke programme was relevant, engaging and had a powerful message that we can change our habits and become more productive and achieve our dreams.”

*Course leader, Oil Industry Training
Programme.*

“This training helped us develop mental toughness for leadership and career challenges.”



***Head of Coaching “Big Four”
Professional Services Firm.***

“The Tougher Minds approach helps me get the most out of my working day.”



***Senior Sales Executive,
Multi-national Company.***

If you feel Tougher Minds can help you or your organisation to improve performance and resilience OR if you would like to know more about our training programmes, please contact us via our website:

tougherminds.co.uk

You can email us directly on:

contact@tougherminds.co.uk



