

2024



TRAINING, WORKSHOPS & COACHING



FOR THE WORKPLACE









A company could measure its employee satisfaction rate. To achieve that goal, the company objectives are: making it new employee mentor program, and providing an on-site daycare center.

Companies set an ambitious goal of 100% specific objectives for all levels of the organization. Reducing telephone hold time to less than 30 seconds within 24 hours are examples of objectives that a company may achieve the overall goal.

Growth can be measured by an increase in sales, plant or facilities expansion, or market share by the end of the year. The company can also measure its performance by the number of new products and services launched and the number of new customers acquired.



TRAINING, WORKSHOPS & WEBINARS

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For enquiries and booking, visit our website:
www.mindsetbps.com



BeTalent



WELCOME



I am delighted to present the workshops and webinars from Mindset.

The following selection has been put together to provide a diverse range of workshops, online resources and activities to support staff development and ensure they have been provided with excellent transferable skills that contribute to the success of an organisation.

Each session aims to provide tangible benefits that translate into real-world efficacy, ensuring that your team is well-prepared to meet the challenges of the modern workplace and thrive at work.

We encourage you to explore the opportunities outlined in this detailed catalogue. For those seeking a tailored approach, our bespoke training options are flexible and can be customised to meet your unique needs. Please feel free to reach out for any additional information – we are here to support your learning journey every step of the way.

Ellice Whyte MSc MBPsS CPBP
Director and Principal Business Psychologist
Tel: 07776 327 398
www.mindsetbps.com

ABOUT US

Mindset is an experienced business psychology consultancy specialising in improving workplace performance, engagement, and wellbeing by applying psychological principles and methods. We partner with enterprises of all sizes to enhance workplace productivity and employee satisfaction globally.

WE HELP

- Facilitate successful organisational development
- Change management
- Reduce sickness absence
- Increase productivity
- Reduce staff turnover
- Increase talent retention
- Improve employee engagement
- Ensure full compliance with legislation
- Personal development
- Maximise profits
- Demonstrate corporate responsibility

MISSION

Be it a workplace or an education setting, we want to create healthy working environments for people and organisations to reach their full potential.

HOW WE WORK

According to the Work Institute's 2021 Retention Report, **lack of development is the most common reason for turnover**. Investing in development can also foster a happier and more productive workforce that improves business performance and profit.

We can offer flexible service options, from single sessions to pilots and sustained support, tailored to your timeline, all while enhancing long-term employee wellbeing and fostering a nurturing work atmosphere.

Our sessions are available both online and in person, with a special focus on neurodiversity to ensure accessibility and inclusivity for all learning needs.

We really enjoyed Mindset's training! I've already put my listening skills to the test in a meeting this week. I felt it was a more productive and positive meeting and worked really well with our staff

Nuffield Trust,
HR Manager

Mindset was really easy to work with in setting up a series of 'Talking About Mental Health' sessions, suggesting topics and listening to our needs so we could arrange them in a way that worked for the organisation. It was run virtually and Ellice taught us some simple underpinning theories and practices that are easy to remember and apply. I left the sessions feeling better, more able to manage my own stress and better equipped to understand and respond supportively to others.

The Kinds Fund,
Organisational Development Lead

We asked Mindset to put together a well-being presentation to our large and diverse team of Franchisees and franchisors. Our brief was a tad sketchy as we ourselves were grasping how to support our network, and Ellice put together an incredibly engaging and accessible presentation with our team commenting on how much they took from it. We have gained some valuable kudos with staff due to this event, and I can highly recommend her.

General Manager,
WOW World Group

The training provided by Mindset has been brilliant. Ellice conducted Mental Health First Aid and presented during Mental Health Awareness week. She made everything relatable and had a very interactive approach, which made the topic accessible and was very well received by colleagues.

Asahi
Facilities Manager

TRAINING



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MENTAL HEALTH

Mental Health First Aid (2-day)

Mental Health First Aid (MHFA) is a training course that teaches people how to identify, understand and help someone who may be experiencing a mental health concern.



MHFA England



**2-DAY
COURSE**



**3 YEAR
CERTIFICATE**



**ACCREDITED BY
ROYAL SOCIETY
FOR PUBLIC
HEALTH**

OVERVIEW

This two-day course qualifies you as a mental health first aider, giving you:

- An in-depth understanding of mental health and the factors that can affect our wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

FORMAT

- Four manageable sessions delivered in two or four days online or face to face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate, course manual, quick reference action plan and a workbook to support mental health. and access three years of MHFAider® Support app and Benefits

“

This is one of the best training courses I have ever been on. The content is super informative but we also had a brilliant trainer. I believe the trainer is key when delivering any course and Ellice was engaging and understanding and really took the time out to listen to everyone. I could absolutely recommend this course!

- Delegate January 2021

**STRENGTHEN YOUR
WORKFORCE WITH
MHFAIDERS AND BOOK NOW**

MENTAL HEALTH

Mental Health Champion (1-day)

Mental Health Champion is a training course that teaches people basic awareness of common mental health concerns and how to build a mentally healthy workplace.



MHFA England



**1-DAY
COURSE**



**3 YEAR
CERTIFICATE**



**ACCREDITED BY
ROYAL SOCIETY
FOR PUBLIC
HEALTH**

OVERVIEW

This one-day course qualifies you as a Mental Health Champion, giving you:

- Understanding of common mental health concerns
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill-health
- Skills to support positive wellbeing

FORMAT

- Two manageable sessions delivered across one or two days online or face to face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate, course manual, quick reference action plan and a workbook to support mental health

“

This topic is so close to my heart and I think this was a fantastic learning platform. I would recommend anyone to go on this even if it's just a one day understanding of the true meaning of mental health it would make others open their eyes and minds a lot more.

- Delegate June 2023

**EMPOWER YOUR EMPLOYEES
TO THRIVE AND TRAIN MENTAL
HEALTH CHAMPIONS TODAY.**

MENTAL HEALTH

Mental Health Aware (1/2-day)

Mental Health Champion is a training course that teaches people basic awareness of mental health and how to signpost someone who may be experiencing emotional distress.



MHFA England



**1/2-DAY
COURSE**



**3 YEAR
CERTIFICATE**



**ACCREDITED BY
ROYAL SOCIETY
FOR PUBLIC
HEALTH**

OVERVIEW

This half-day course raises awareness of mental health. It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

FORMAT

- One 4-hour session delivered online or face-to-face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate, course manual and a workbook to support mental health

“

I found the course informative and interesting, with good pace and thought provoking conversations. Ellice was both engaging and knowledgeable and I thoroughly enjoyed the course.

- Delegate September 2023

**FOSTER A SUPPORTIVE WORK
CULTURE. LET'S TALK ABOUT
MENTAL HEALTH TRAINING FOR
YOUR TEAM.**

MENTAL HEALTH

MHFA Refresher (1/2-day)

A refresher course to renew your skills and update your knowledge on mental health support. Please note that this course is only for people who have completed the 2-day MHFA.



MHFA England



**1/2-DAY
COURSE**



**3 YEAR
CERTIFICATE**



**ACCREDITED BY
ROYAL SOCIETY
FOR PUBLIC
HEALTH**

OVERVIEW

We believe that mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to date.

The four-hour MHFA Refresher course gives you the chance to:

- Renew your skills
- Update your knowledge of mental health support
- Practice applying the Mental Health First Aid action plan
- Access three years of MHFAider® Support and Benefits

FORMAT

- One 4-hour session delivered online or face-to-face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate, course manual and a workbook to support mental health
- From January 2023, MHFAiders completing refresher courses will gain access to three years of MHFAider® Support App and Benefits

“

This was an excellent refresher with access to new resources and support via the MHFA app and Hub for Hope App. Lovely way to spend a morning.

- Delegate June 2023

**CONTINUE TO INVEST IN
MENTAL HEALTH AND BOOK
YOUR REFRESHER TODAY.**

MENTAL HEALTH

Managing Mental Wellbeing (5-week)

Poor mental health costs UK employers up to £56bn per year. This course is designed to help managers recognise poor mental health and respond appropriately with compassion whilst minimising the impact on the business.



OVERVIEW

Poor mental health is one of the biggest issues in the workplace today, causing 17 million working days lost due to work-related stress, depression, or anxiety in 2021/22 (Health and Safety Executive, 2022). This course provides managers with the knowledge and skills on how to safeguard staff wellbeing and how to effectively and appropriately support mental health concerns when they do emerge, minimising the impact on the business.

FORMAT

- Each workshop typically last between 1-1.5 hours and can be delivered online or face to face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate and digital PDF handouts to



WEEK 1: AWARENESS

- What is mental health?
- Stigma and discrimination
- Common mental health conditions

WEEK 2: IN CONVERSATION

- Supportive language
- Approaching and discussing mental health

WEEK 3: SUPPORT

- Supporting mental ill-health
- Reasonable adjustments and action plans
- Signposting
- Self-care

WEEK 4: RISKS

- Risk factors
- Protective factors
- Stress risk assessments

WEEK 5: RECAP

- Recapping all knowledge and skills
- Case studies
- Opportunity to raise questions



Great guidance, thought provoking and very useful and interesting sessions.

- Genus PLC managers

**EMPOWER YOUR EMPLOYEES
TO THRIVE AT WORK**

MENTAL HEALTH

Mental Health awareness in HR (1-day)

For an HR team to effectively support mental health at work, it's crucial to have a well-rounded set of skills and knowledge areas. This not only ensures that employees feel supported and understood but also that the organisation can effectively manage and integrate mental health support into its overall HR strategy.



OVERVIEW

Poor mental health accounts for more than half of all work-related absences: over 51% of long-term sick leave is due to stress, depression or anxiety (HSE, 2022) and according to Deloitte's 2022 survey, presenteeism due to poor mental health accounts for 46% of total costs in the UK workplace. Developing the skills and knowledge of mental health at work into your HR team's capabilities can significantly enhance your organisation's ability to support mental health at work, creating a more inclusive, supportive, and productive workplace environment.

FORMAT

- Two manageable sessions delivered across one or two days online or face to face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate, course manual and a quick reference resource page to support mental health at work



TOPICS COVERED:

- Understanding the current climate of mental health and wellbeing at work
- Recognising signs and symptoms of common mental health concerns
- Basic Mental Health First Aid
- Signposting to professional help
- Implementing suitable reasonable adjustments
- Performance management and mental health
- Creating supportive policies
- Legal and ethical considerations

“

I very much valued Mindset's expertise. I was feeling out of my depth with a staff situation and it was such a huge relief to have Ellice advising us. Brilliant.

- Senior Manager, Young Epilepsy

CREATE A SUPPORTIVE HR CULTURE AT WORK AND BOOK OUR TAILORED TRAINING

MENTAL HEALTH

Stress Risk Assessments (1/2 day)

In today's fast-paced business environment, managing workplace stress is not just a legal obligation; it's a critical component of organisational health. Over 914,000 workers are grappling with work-related stress, depression, or anxiety, and the need for effective stress risk assessment has never been more pressing.



Stress Risk Assessment Guide 2023



SUITABLE FOR:

- Human Resources personnel
- Health and Safety officers
- Occupational Health professionals
- Managers and team leaders

KEY TAKEAWAYS

- Confidence talking about the impact of stress in the workplace
- Stress risk assessment guide compliant with UK and IRE legislation
- Stress risk assessment template



The stress risk assessment guidance document is SO valuable, I wish I'd had this sooner.

*- Senior HR Manager
Neogen 2023*

OVERVIEW

Our stress risk assessment training is specifically designed to address the growing concern of stress at work. It empowers managers and teams with the skills to identify, assess, and mitigate stress factors within the workplace. By proactively managing and reducing stress, your organisation can enhance employee wellbeing, boost morale, and increase overall productivity.

FORMAT

- One 4-hour session delivered online or face-to-face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Everyone who completes training gets a certificate, stress risk assessment template and guidance document compliant with the Health And Safety management standards (UK and Ireland)



TRANSFORM YOUR WORK ENVIRONMENT AND BOOK OUR STRESS RISK ASSESSMENT TRAINING

MENTAL HEALTH

Mental Health in Further and Higher Education (1-day)

Students are at a heightened risk for mental health issues; this training equips you with the knowledge to recognise, understand, and effectively respond to mental health challenges, ensuring you can provide the necessary support and create a safe, nurturing educational environment.



OVERVIEW

During their further or higher education, students face unique challenges that can impact their mental health. Educators, personal tutors, support staff and accommodation staff are often the first line of defence in recognising and responding to these issues. Our targeted course is designed to equip you with the skills to identify early signs of poor mental health, guide students to the right support services, and understand the professional boundaries necessary to maintain while offering support.

FORMAT

- Two manageable sessions delivered across one or two days online or face to face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate, course manual, and a wellbeing action plan to support student mental health



mindset



**1-DAY
COURSE**



**3 YEAR
CERTIFICATE**



**EVIDENCE-BASED
PRACTICE
TAILORED TO THE
SECTOR**

“

The content was very useful and relevant to my work and Ellice was really knowledgeable and able to come up with ideas and strategies for dealing situations we face. I feel much more confident that I have the strategies and knowledge to handle mental health situations. Thank you for one of the best training sessions I've been to in a while.

*- Careers advisor
University of Hertfordshire*

**SHAPE A HEALTHIER FUTURE
FOR STUDENTS MENTAL
HEALTH**

NEURODIVERSITY

Awareness Webinar (1h)

Our Aware webinar is designed as the cornerstone of your organisation's neurodiversity journey. This engaging and informative session lays the essential groundwork by fostering a comprehensive understanding of neurodiversity.



SUITABLE FOR:

This webinar is aimed at anyone in the workplace and is an ideal introduction to the topic of neurodiversity.

Webinars can cater for a maximum of 40 people per course.



OVERVIEW

In this one-hour webinar, learners will gain valuable insights on:

- The terminology around neurodiversity
- The main neurodiverse conditions and their associated strengths
- The link between unsupported neurodiverse conditions and mental health disorders
- Common myths around neurodiversity and we will gain a better understanding of challenges faced by neurodivergent individuals
- Sensory overload
- Reasonable adjustments and the positive influence they have

FORMAT

- One-hour session designed to be online through your choice of virtual platform
- Learning takes place through a mix of engaging presentations and group discussions
- Each person who completes the workshop gets CPD-certified certificate and digital manual
- Certificates last 3-years before a refresher is advised



I'm so glad I attended this webinar. I hadn't realised how many people can have a neurodiverse condition and this gave me the foundations to be more supportive to my colleagues at work. Thanks Mindset!

- Delegate June 2023

**EMBRACE NEURODIVERSITY IN
YOUR WORKPLACE AND ENROL
IN OUR TRAINING TODAY**

NEURODIVERSITY

Neurodiversity Champion (4h)

This four-hour workshop is designed to build on the awareness webinar and enable learners to become advocates that promote inclusivity and support for neurodiverse individuals at work.



SUITABLE FOR:

This champion training is suitable for employees with a passion for advocating for neurodiversity in the workplace.

Courses can cater for a maximum of 16 people per course.



OVERVIEW

This four-hour course qualifies you as a Neurodiversity Champion. Our learning outcomes are to:

- Understand all learning outcomes in the neurodiversity webinar (see page 2)
- Learn about mental health, meltdowns, shutdowns, and their negative impacts, and discover coping strategies and practical tools to support
- Create a sensory-safe working environment to promote inclusivity.
- Understand that behaviour is a form of communication and promote support over judgment.
- Understand the positive impact of implementing reasonable adjustments and gain insights into their implementation.

FORMAT

- Two manageable sessions delivered across one or two days online or face to face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes training gets a certificate, course manual, quick reference action plan and a workbook to support mental health



This topic is close to my heart as I wasn't diagnosed with ADHD until late into my 20s. I only wish I'd have had this training sooner as I would have learned so much about how to support myself and others in my job.

- Delegate June 2023

**UNLOCK THE POTENTIAL OF
NEURODIVERSE TALENT AND
BOOK YOUR TRAINING
SESSION NOW.**

NEURODIVERSITY

Neurodiversity for managers (1-day)



Our training is tailored to address the unique challenges managers face when leading neurodiverse teams. Our focus is on equipping managers with the necessary tools to navigate neurodiversity in the workplace and foster a harmonious and productive team environment.



OVERVIEW

After this engaging one-day workshop, you will:

- Understand how neurodiverse conditions manifest in the workplace and recognise associated strengths.
- Comprehend the role of executive functioning and its connection to neurodiversity.
- Embrace diversity and inclusion by including neurodiverse individuals.
- Develop effective communication skills for a diverse environment.
- Create an inclusive and sensory-safe working environment.
- Gain practical tools for supporting mental health and crisis situations.
- Adopt a supportive approach, understanding that behaviour is a form of communication.
- Address communication errors to prevent low morale.
- Support neurodiverse individuals with kindness and legal considerations.
- Recognise the positive impact of reasonable adjustments and implement them.
- Assess current Neurodiversity Management practices and policies.
- Implement necessary policies to support neurodiverse individuals.
- Apply strategies for reasonable adjustments in the workplace.

FORMAT:

- One-day training delivered online or face to face
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each person who completes the training gets a CPD-certified certificate, course manual and 3 years access to an Online Learning Portal.

SUITABLE FOR:

The training is designed for individuals in managerial roles, irrespective of their awareness about their team members having neurodiverse conditions. The benefits of understanding and embracing neurodiversity apply to us all.



This course was incredibly eye-opening. My only wish is that I'd have had this at the start of my career

- Manager at Coca Cola European Partners, 2023

ENHANCE YOUR TEAM'S DIVERSITY AND INCLUSION AND BOOK OUR NEURODIVERSITY TRAINING.

TRAUMA-INFORMED CARE

Trauma-informed Care (TIC) (Adult)

1 in 3 people who experience trauma develop Post-Traumatic Stress Disorder (PTSD, NHS, 2023). This trauma-informed training aims to provide learners with a comprehensive understanding of trauma, its impact, and the principles and practices of trauma-informed care in their own practice.



OVERVIEW

Our TIC training will deepen your awareness and sensitivity towards trauma, fostering a culture of compassion and understanding. You will acquire trauma-informed practices that can be implemented immediately, enabling you to provide better care and support to those who have experienced trauma. Moreover, this training prioritises your well-being as a professional. You will learn essential self-care strategies to help you maintain your mental and emotional resilience while supporting others.

FORMAT

- One-day training designed to be carried out face-to-face:
 - The morning session focuses on the theory of trauma and its impact on our mental and physical health, and sector
 - The afternoon session is a workshop that explores case studies and scenarios to apply the principles and practice of TIC and self-care strategies for professionals to maintain their wellbeing
- Everyone who completes training gets a certificate, a course manual, a resource list, and a 'toolbox' of best-practice strategies



SUITABLE FOR:

- Healthcare professionals
- Social workers
- Educators and school staff
- Law enforcement
- Emergency responders
- Legal professionals
- HR professionals
- Community support workers
- Mental health and addiction service providers
- Refugee and immigration services



This training was piloted with one of my services and the feedback was extremely positive from all attendees. The course provided practical tools and guidance that left the staff feeling confident and competent in being able to deliver a trauma-informed approach. Catch22 would thoroughly recommend this training.

*- Service manager
Catch22*

**ELEVATE YOUR PRACTICE WITH
TRAUMA-INFORMED CARE
TRAINING AND SIGN UP FOR
OUR COURSE**

TRAUMA-INFORMED CARE

Trauma-informed Care (TIC) (CYP)

One in three children and young people (CYP) are exposed to at least one potentially traumatic event by the time they are 18 (Anna Freud, 2023). This trauma-informed training aims to provide learners with a comprehensive understanding of trauma, its impact, and the principles and practices of trauma-informed care for CYP.



OVERVIEW

With a focus on CYP, our TIC training will deepen your awareness and sensitivity towards trauma, fostering a culture of compassion and understanding. You will acquire trauma-informed practices that can be implemented immediately, enabling you to provide better care and support to those who have experienced trauma. Moreover, this training prioritises your well-being as a professional. You will learn essential self-care strategies to help you maintain your mental and emotional resilience while supporting others.

FORMAT

- One-day training designed to be carried out face-to-face:
 - The morning session focuses on the theory of trauma and its impact on our mental and physical health, and sector
 - The afternoon session is a workshop that explores case studies and scenarios to apply the principles and practice of TIC and self-care strategies for professionals to maintain their wellbeing
- Everyone who completes training gets a certificate, a course manual, a resource list, and a 'toolbox' of best-practice strategies



SUITABLE FOR:

- Healthcare professionals
- Social workers
- Educators and school staff
- Law enforcement
- Emergency responders
- Legal professionals
- HR professionals
- Community support workers
- Mental health and addiction service providers
- Refugee and immigration services



This training was piloted with one of my services and the feedback was extremely positive from all attendees. The course provided practical tools and guidance that left the staff feeling confident and competent in being able to deliver a trauma-informed approach. Catch22 would thoroughly recommend this training.

*- Service manager
Catch22*

**BUILD A SAFER, MORE
SUPPORTIVE ENVIRONMENT &
START WITH OUR TRAUMA
COURSE**

TRAINING

Bespoke training

Unlock the true potential of your organisation with our bespoke training solutions.



WHY CONSIDER BESPOKE TRAINING?

We understand that every organisation is unique, and that's why we offer tailored training programs designed to meet your specific needs. Our team of experts will work closely with you to assess your requirements and develop a training program that addresses your organisation's challenges and goals. With our tailored approach, you can ensure maximum engagement, relevance, and impact for your team.

BENEFITS:

Some of the benefits include:

- **Relevance:** addressing specific challenges, goals and objectives of the organisation to directly apply to learners
- **Flexibility:** customised to your specific needs and schedules
- **Addressing skill gaps:** helping employees enhance their capabilities in areas that require improvement
- **Higher ROI:** The Return On Investment is often much higher compared to generic training programmes
- **Personalised approach:** bespoke training incorporates scenarios that resonate with learners, making it more personalised and relatable
- **Positive culture impact:** demonstrating your corporate responsibility and commitment to neurodiversity and learning and development



CONTENT

Address topics and concepts in your industry, sector or country.

SCENARIOS

Real-world examples can be integrated to make it more relatable and applicable to learners' roles.

CASE STUDIES

Incorporating case studies that closely resemble situations learners face can help prepare them for the real world

COMPANY POLICIES

Training can align with specific policies and best practice to ensure learners align with your standards.

BRANDING

Designing training with your own branding and format to align with your own brand guidelines

COMPLIANCE

Training can be customised to include information about relevant industry regulations, compliance standards and legal requirements that learners need to be aware of.



**DON'T SETTLE FOR
GENERIC TRAINING—LET
US CREATE A TRAINING
EXPERIENCE THAT
DELIVERS EXCEPTIONAL
VALUE.**

WORKSHOPS



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Workshops for all

These are designed to be relevant to anyone, regardless of experience, position or sector. These skills are valuable for all and can benefit both personal and professional practice.

To ensure an optimal learning experience, we maintain a small group format, capping attendance at 12 learners per workshop. This approach is consistent whether the session is conducted face-to-face or online, guaranteeing that each course remains engaging and interactive for every learner.

Positive communication: transform your interaction skills

3 hours, Online or face to face, Suitable for all employees

In today's interconnected world, effective communication is the cornerstone of both personal and professional success. Did you know that a staggering 70% of workplace mistakes are due to poor communication? Our Positive Communication Workshop is meticulously designed to address this challenge. Dive into the nuances of what constitutes positive communication and explore the common pitfalls that lead to miscommunication. Whether it's verbal, non-verbal, or written, every form of communication has the power to build bridges or create barriers.

In this engaging session, we'll unravel the complexities of conveying and interpreting messages in diverse settings. Understand the subtle yet profound influences that shape our conversations - from cultural diversity to personal biases, emotions and virtual software. By mastering the art of positive communication, you can enhance workplace interactions, boost morale, and create a more inclusive and productive environment. Join us and redefine the way you connect with the world around you.

Benefits:

- Improve team collaboration and efficiency by enhancing communication skills.
- Foster a more positive and productive work environment.
- Reduce misunderstandings and conflicts in the workplace.
- Enhance individual and team ability to express ideas and feedback constructively.

As an organisation, we had asked Ellice to come in and educate all staff on the impacts of poor communication, both to the individual and the company, share some tips on reframing language and the positive effects of good communication. The session was amazing, with great interaction from all. Ellice kept the subject upbeat whilst passing on her vast experience around business psychology. Ellice had listened to our brief and executed it to perfection. I would highly recommend Ellice to any organisation.

Head of Health and Wellbeing, Green Cross Global

Time management and productivity: mastering the art of efficiency

2.5 hours, Online or face to face, Suitable for all employees

In an era where we're often doing more with less, mastering time management and productivity is essential. It isn't all down to individual practice – up to 40% can stem from external factors like inadequate resources, insufficient training, or organisational challenges. Our Time Management and Productivity Workshop is crafted to address both personal and systemic factors affecting your work efficiency.

During this interactive session, you'll learn not only to optimise your personal productivity but also to navigate and mitigate external challenges such as resource constraints, lack of training, and organisational hurdles. Discover effective strategies for prioritising tasks, setting realistic goals, and maximising peak productivity periods, while also exploring how to advocate for the resources and support you need.

Whether you're facing individual time management hurdles or broader organisational challenges, this workshop provides practical, real-world solutions. Join us to transform the way you work, achieving more efficiency and effectiveness in your professional life.

As a business psychologist, I've witnessed countless professionals grapple with time management challenges. This course encompasses the very skills I wish I had been taught earlier in my career – essential tools that can profoundly transform how we navigate our professional lives.

Ellice Whyte, Director

Acceptance and Adaptation

1.5 hours, Online or face to face, Suitable for all employees

Change is inevitable in life, whether it's starting a new job, moving home, losing a loved one, or ending a relationship. Sometimes we know when change is coming, and other times it's a sudden and unexpected surprise.

This session is designed to help you understand and apply the principles of acceptance and adaptation to navigate change in their personal and professional lives effectively. It offers practical tools and exercises to facilitate learning and application in real-life situations.

We will explore:

- The psychology of change: why is it so hard to accept?
- The role of acceptance
- Coping with emotional responses
- The process of adaptation
- Learn techniques to adapt to new circumstances

This workshop is tailored for anyone looking to strengthen their ability to handle change, whether in their personal lives or professional environments. It's an essential skill in today's ever-evolving world.

Our team really enjoy the sessions with Ellice from Mindset. She is very well prepared and caters to our needs. The information in this workshop is spot on and reassuring. She makes us feel there is no "right of false" and put things into perspective. Her attitude to what we discuss and the resulting state of mind is comforting and reassuring.

Workplace Coordinator, Scandit

Work-life balance: from breakfast to bedtime

1-4 hours, Online or face to face, Suitable for all employees

Everyday work habits can subtly, yet significantly, affect mental health.

Did you know that 1 in 3 professionals cite work-life balance as their biggest challenge? In today's fast-paced world, achieving a harmonious work-life balance can seem elusive. This workshop is crafted for those who find the lines between work and personal life blurring more often than they'd like.

The mundane patterns—be it the relentless cycle of meetings, the overconsumption of caffeine, or the scarcity of breaks—each play a role in shaping our mental well-being. We'll offer a gentle nudge towards self-awareness, reminding us that our routines, and how we manage them, lie within our control, and what to do to support ourselves with the factors beyond our control.

During this session, we'll uncover strategies to cultivate practices that not only enhance well-being but also boost productivity. Laying a foundation of self-care principles, this workshop takes you on a journey through a typical day, highlighting potential stressors and imbalances you may encounter from morning to night. We delve into strategies for managing daily demands, setting boundaries, and recognising signs of overwhelming stress. You'll learn practical tips for recalibrating your day to foster well-being, from optimising your morning routine to unwinding effectively at night.

The additional session covers the impact of thoughts and mental processes on well-being and provides an overview of common mental health conditions like anxiety and depression. A significant focus is on practical strategies for supporting colleagues with mental health concerns: how to have a supportive conversation and how to signpost for appropriate wellbeing support. This can be tailored to your organisation and country to ensure appropriate resources are provided.

I loved it, Ellice was so relatable in her delivery and content. The webinar gave me so many tips and tricks to manage stressful and anxious situations, the tips and tricks were small, manageable and more importantly I actually understood them. I can't emphasise enough how good Ellice's delivery was, I've been to a lot of wellbeing webinars in the last few years, and this was easily the best one!!!

Head of Facilities, Business In the Community

Workshops for teams

The success of any organisation hinges on the strength and cohesion of its teams. Recognising this, we have designed a range of workshops specifically tailored for teams, providing the tools and insights needed to thrive in any business setting.

Our workshops offer a unique opportunity for teams to come together, not just to learn but to bond, understand each other's strengths, and address collective challenges.

Resilience at Work

4 hours, Online or face to face, Suitable for teams

In a world where about 60% of employees report high stress levels at work, resilience is not just a skill but a necessity. This workshop is designed to delve deep into the factors that constitute resilience – self-belief, courage, positivity, and confidence – and how personal attributes influence these learners will gain insights into:

- **Assessing Resilient Strengths of Individuals:** Learn to identify and enhance the resilient qualities in each team member, understanding how these strengths contribute to overall team performance.
- **Revealing Likely Causes of Derailment:** Discover the unique stress responses and triggers that may challenge individual team members. This understanding is crucial in preempting potential issues and maintaining team equilibrium under pressure.
- **Tailoring Support to Suit Individuals:** Explore specific scenarios that could erode resilience within your organisation. We provide strategies to equip individuals with effective coping mechanisms, ensuring they receive support exactly when it's needed.

Additionally, this workshop offers an optional **psychometric test**, allowing individuals to explore their own resilience traits more deeply. This self-awareness tool is a powerful way for learners to understand their resilience profile and identify areas for personal growth.

Join us to empower your team with the resilience to not only withstand challenges but to thrive amidst them.

Facing failures: turning setbacks into stepping stones

2.5 hours, Online or face to face, Suitable for teams

Our 'Facing Failures' workshop is uniquely designed to redefine the perception of failure in the professional sphere. In an age where about 90% of startups fail, the ability to navigate and learn from failure is not just valuable; it's vital for sustained success and innovation.

This interactive workshop focuses on:

- Understanding the Nature of Failure: Breaking down the stigma around failure and recognising it as an inevitable, and often beneficial, part of the growth process.
- Developing a Resilient Mindset: Equipping learners with tools and techniques to build resilience, allowing them to bounce back stronger from setbacks.
- Strategies for Learning from Failure: Teaching how to effectively analyse and learn from failures, transforming them into opportunities for development and innovation.
- Creating a Supportive Culture around Failure: Encouraging an organisational culture where failure is viewed as a stepping stone to success, fostering a space for risk-taking and creativity.

By the end of this workshop, learners will not only have a new perspective on failure but will also be armed with practical skills to face and utilise these experiences positively. Join us to transform the way your team perceives and handles failure, turning every setback into a launchpad for future success.

Excellence course - learnt so much, enjoyed the interactive and blended nature of the materials. Good balance between discussion and knowledge sharing. Facilitators were excellent and showed real empathy and respect to everyone throughout the programme. Would highly recommend.

Anonymous feedback during our pilot programme, 2023

Mental health at work: tools for building a supportive culture

4 hours, Online or face to face, Suitable for teams

This interactive workshop is designed to cultivate a deeper understanding of mental health within the workplace. In a time when approximately 1 in 4 people in the UK experience a mental health problem each year, the importance of mental health awareness in the workplace cannot be overstated.

Learners will delve into understanding what mental health really means, tackling the prevalent stigma and discrimination associated with mental health issues. The course covers the impact of thoughts and mental processes on well-being and provides an overview of common mental health conditions like anxiety and depression. A significant focus is on practical strategies for supporting colleagues with mental health challenges and fostering a workplace culture that prioritises mental well-being.

By participating in this course, teams will gain valuable insights into recognising and supporting mental health at work, fostering a culture of openness, understanding, and mutual support. This course is about addressing mental health issues and proactively creating a work environment where all employees can thrive.

As part of our new wellbeing initiative, we approached Ellice at Mindset to see how she could help us. Ellice presented two workshops at our offices where employees learnt more about what mental health is and tools to look after our wellbeing. I have been approached by a number of our employees who found the workshops transformative and positively changed their outlook. Ellice presents with confidence, is knowledgeable and empathetic and created a safe and inclusive space for everyone involved. We would wholeheartedly recommend Ellice and Mindset to all businesses who value their employees' emotional wellbeing.

Head of People/HR Director, Nordens

Strength-based workplace

4 hours, Online or face to face, Suitable for teams

Our Strength-based workshop is designed to empower individuals and teams by identifying and harnessing their unique strengths. In the contemporary work environment, where a staggering 67% of employees feel they cannot fully use their strengths at work, this course serves as a vital tool to bridge this gap.

By the end of this course, learners will not only have a clearer understanding of their strengths but also practical strategies to apply them effectively in their work environment. This course is a stepping stone towards creating a workplace where everyone's unique strengths are recognised, valued, and fully utilised.

Learners have the option to take the BeTalent Strengths questionnaire, a scientifically researched tool developed by the British Psychological Society (BPS). This assessment gives a deeper understanding of what drives and energises individuals at work, offering invaluable insights for both personal development and team dynamics.

Psychometric tests offer an unbiased view of an individual's abilities, personality traits, and working style. This objectivity can be incredibly useful in understanding the unique makeup of each employee, which is often difficult to gauge through standard evaluation methods.

In addition, understanding the psychological profiles of team members can lead to more effective team compositions. Leaders can align tasks and roles based on individual strengths and preferences, leading to improved team performance and job satisfaction.

Ellice Whyte, Business Psychologist & Director of Mindset

Workshops for leaders

In the rapidly evolving business landscape, the development of effective leaders is not just an investment but a necessity. Our specially curated Leadership Development Workshop Series is designed to equip current and aspiring leaders with the skills, insights, and strategies needed to navigate the complexities of modern management and inspire teams towards excellence.

Join us to empower your leaders with the tools and knowledge to transform your organisation's vision into reality, build high-performing teams, and lead with confidence and integrity in an ever-changing business environment.

Change management

4 hours, Online or face to face, Suitable for leadership teams

The ability to manage change effectively is crucial for leadership teams. Our 'Change Management for Leadership Teams' workshop, with a unique focus on business psychology, equips leaders with the understanding and tools they need to navigate and lead through change successfully.

- Gain a deep understanding of the psychological aspects of change management.
- Learn practical strategies to lead and communicate effectively during periods of change.
- Enhance team resilience and adaptability.
- Improve your ability to measure and sustain successful change initiatives.
- An optional 'redundancy resilience' session is available (adding 1.5 hours of additional time to the workshop)

This workshop is ideal for leadership teams seeking to bolster their change management capabilities with insights from the field of business psychology, ensuring they are well-equipped to lead their organisations through the ebbs and flows of the business world.

Decision styles

4 hours, Online or face to face, Suitable for leadership teams

Our 'Decision Styles Workshop for Leaders' is a comprehensive program designed to refine and enhance the decision-making skills of leadership teams. This workshop provides a unique opportunity to understand and improve the way decisions are made in your organisation, with an emphasis on individual and team decision-making styles.

Benefits of the Workshop:

- Gain deeper insights into personal and team decision-making styles.
- Improve the quality and effectiveness of decisions made within the leadership team.
- Enhance cognitive diversity for more robust, well-rounded decision-making.
- Identify targeted L&D opportunities to strengthen decision-making skills across the team.

An optional psychometric test verified by the British Psychological Society, the BeTalent Decision Styles questionnaire measures an individual's approach to decision-making, problem-solving, and risk-taking.

This workshop is perfect for leaders looking to elevate their decision-making processes, making them more effective and aligned with the organisation's goals. By understanding and leveraging the diverse decision-making styles within your team, you can drive better outcomes and navigate the complexities of leadership with greater confidence and skill.

Psychometric tests offer an unbiased view of an individual's abilities, personality traits, and working style. This objectivity can be incredibly useful in understanding the unique makeup of each employee, which is often difficult to gauge through standard evaluation methods.

In addition, understanding the psychological profiles of team members can lead to more effective team compositions. Leaders can align tasks and roles based on individual strengths and preferences, leading to improved team performance and job satisfaction.

Ellice Whyte, Business Psychologist & Director of Mindset

Managing stress and burnout

4 hours, Online or face to face, Suitable for leadership teams

According to Gallup, 44% of the global workforce are experiencing significant levels of workplace stress on a daily basis (2023). In our 'Managing Stress and Burnout' leadership session, we focus on the critical aspects of identifying, communicating, and addressing stress and burnout within teams. With research indicating that 1 in 5 employees feel their stress levels are unmanageable, this session is crucial for leaders to foster a healthy, sustainable work environment.

Join us for an interactive workshop where we will explore:

- What stress is and how it impacts us physically, emotionally and our behaviour
- The signs and symptoms of burnout
- How to manage our stress and burnout and complete the stress cycle
- How stress affects us in the workplace
- Supporting other people experiencing stress and burnout
- How to talk about stress and burnout with a colleague
- Wellbeing Action Planning

Session Benefits:

- Develop skills to communicate about stress and burnout with team members effectively.
- Learn to identify and address the root causes of stress in the workplace.
- Gain practical tools for developing and implementing stress management strategies.
- Enhance leadership capabilities in fostering a healthy, resilient work environment.

This leadership session is designed to empower leaders with the knowledge and skills needed to manage stress and prevent burnout in their teams, ensuring the long-term well-being and productivity of their workforce.

I thoroughly enjoyed this session: I am about to become a changed woman!

Public webinar with Posturite, 2022



Fostering Psychological Safety

4 hours, Online or face to face, Suitable for leadership teams

Our 'Fostering Psychological Safety' leadership session is designed to cultivate an understanding and implementation of psychological safety within teams and the broader organisation. With studies showing that teams with high psychological safety are 12% more productive, this session is pivotal for leaders looking to enhance team performance and innovation

Session Benefits:

- Gain insight into the current state of psychological safety in your team and organisation.
- Understand the critical role of psychological safety in team performance and innovation.
- Develop strategies to enhance psychological safety, fostering a culture of open communication and respect.
- Equip leaders with the tools to diagnose and improve psychological safety within their teams.

An optional psychometric test verified by the British Psychological Society, the BeTalent Decision Styles questionnaire is available for this session. This scientifically researched tool helps understand individuals' readiness to speak up, challenge, and innovate within their teams. It also provides insights into steps that can be taken to enhance the environment of psychological safety.

This leadership session is essential for creating a work environment where everyone feels safe to express ideas, take risks, and admit mistakes, leading to higher levels of engagement, innovation, and overall team success.

It is critical that you, as a leader, set the example that feedback is critical to the business and welcomed – no matter how uncomfortable it may feel to give.

Professor Amy Edmonson

It pays to praise: unlocking potential with constructive feedback

2.5 hours, Online or face to face, Suitable for leadership teams

'It Pays to Praise' is a dynamic course designed for leaders who want to master the art of giving constructive feedback. Rooted in the understanding that effective feedback is a cornerstone of high performance and employee engagement, this course focuses on how to deliver praise and constructive criticism in a way that motivates and encourages growth. With research indicating that 69% of employees say they would work harder if they felt their efforts were better appreciated (2023), this course addresses a crucial need in leadership development.

Benefits of the Course:

- Enhance your ability to give balanced, effective feedback that drives performance and development.
- Improve team morale and engagement through meaningful recognition and praise.
- Develop a leadership style that promotes openness, trust, and continuous improvement.
- Gain practical tools and techniques that can be immediately applied in the workplace.

'It Pays to Praise' is not just a course; it's a transformational experience for leaders committed to excellence in people management and organisational success.

This session is my FAVOURITE to deliver because I believe it has the most impact in company culture and interpersonal relationships in teams. Plus, everything I suggest are small, free changes that make a HUGE difference to our workplace. If you only do one session, do this one. It's magic.

Ellice Whyte, Business Psychologist and Director of Mindset

Listening leaders: A conflict resolution workshop

4 hours, Online or face to face, Suitable for leadership teams

'Listening Leaders' is a specialised leadership course focused on conflict resolution through the power of effective listening. Recognising that nearly 85% of employees deal with conflict to some degree and that it consumes almost 4 hours per week (Myers-Briggs Company, 2022), this course aims to equip leaders with the skills to address and resolve conflicts efficiently and constructively.

Benefits of the Course:

- Develop advanced active listening skills to effectively navigate and resolve conflicts.
- Enhance the ability to empathise and understand different perspectives, leading to more harmonious workplace relationships.
- Learn practical techniques for de-escalating conflict and facilitating productive conversations.
- Foster a workplace culture where conflicts are resolved constructively, leading to increased team cohesion and productivity.

'Listening Leaders' offers a deep dive into one of the most crucial aspects of conflict resolution, providing leaders with the tools to transform potential conflicts into opportunities for growth and understanding.

Peak performance management

4 hours, Online or face to face, Suitable for leadership teams

'This workshop is designed for leaders aiming to excel in performance management. This course recognises leaders' critical role in driving performance and the challenges they face in today's dynamic work environment. With statistics showing that highly engaged teams show 21% greater profitability, effective performance management is key to organisational success.

Benefits of the Course:

- Enhance skills in setting, monitoring, and reviewing performance effectively.
- Improve team motivation and engagement, leading to higher productivity and better results.
- Gain expertise in providing constructive feedback and coaching for development

- Navigate the complexities of performance appraisals and legal considerations.

'Peak Performance Leadership' is an essential course for leaders who wish to drive their teams towards peak performance, ensuring their management style is both effective and nurturing.

Attending the performance management session was a great experience for me as a freelance project manager. The insights and strategies presented were not only relevant but also immediately applicable to my work. The interactive elements were particularly engaging, allowing me to practice new skills in a supportive environment. I left the session feeling empowered and equipped with valuable tools to enhance my project management approach. This was, without a doubt, an outstanding learning experience that has positively impacted my professional development.

Freelance project manager, Self-employed

Workshops for MHFAiders

In the ever-evolving landscape of workplace mental health, the continuous development of Mental Health First Aiders (MHFAiders) and staff in wellbeing roles is crucial. To support this vital ongoing growth, we have developed a series of targeted skills workshops, each carefully tailored to enrich and expand the competencies of MHFAiders.

These concise yet impactful sessions, lasting between 1 to 1.5 hours, are designed to keep MHFAiders abreast of the latest developments, techniques, and best practices in mental health support. Regular upskilling ensures that MHFAiders are not only maintaining their proficiency but are also equipped to handle the diverse and changing needs of those they support in the workplace.

By committing to the continuous development of your MHFAiders and wellbeing team, your organisation demonstrates a steadfast dedication to fostering a supportive, aware, and resilient work environment.

Mental Health & Related Conditions Upskill

- Stress
- Burnout
- Anxiety
- Depression
- Dementia
- Substance use
- Parental health
- OCD
- Trauma
- Self-harm
- Eating Disorders
- Menopause
- Psychosis
- Winter wellbeing
- Sleep disorders
- Personality disorders
- Neurodiversity:
 - Dyslexia
 - Dyspraxia
 - Dysgraphia
 - Dyscalculia
 - ADHD
 - Autism
 - Tourette Syndrome

Practical skills and tools

- Wellbeing action plans
- Active listening
- Setting boundaries
- Help-seeking tools
- Support during redundancy
- Additional resources workshop
- The power of thoughts
- Crisis management
- Communication skills
- Financial wellbeing

Do you have a specific concern or requirement in mind? We're more than happy to design a session that's perfectly tailored to meet your unique needs. Reach out to us, and let's create a bespoke solution together.

WORKSHOPS

Bespoke workshops

In today's rapidly evolving business landscape, off-the-shelf training programs often fall short of meeting the unique challenges and specific needs of individual organisations. This is where bespoke courses, especially those crafted by experienced providers like Mindset, become invaluable.



WHY CONSIDER BESPOKE WORKSHOPS?

We understand that every organisation is unique, and that's why we offer tailored training programs designed to meet your specific needs. Our team of experts will work closely with you to assess your requirements and develop a training program that addresses your organisation's challenges and goals. With our tailored approach, you can ensure maximum engagement, relevance, and impact for your team.

BENEFITS:

Some of the benefits include:

- **Relevance:** addressing specific challenges, goals and objectives of the organisation to directly apply to learners
- **Flexibility:** customised to your specific needs and schedules
- **Addressing skill gaps:** helping employees enhance their capabilities in areas that require improvement
- **Higher ROI:** The Return On Investment is often much higher compared to generic training programmes
- **Personalised approach:** bespoke training incorporates scenarios that resonate with learners, making it more personalised and relatable
- **Positive culture impact:** demonstrating your corporate responsibility and commitment to neurodiversity and learning and development



CONTENT

Address topics and concepts in your industry, sector or country.

SCENARIOS

Real-world examples can be integrated to make it more relatable and applicable to learners' roles.

CASE STUDIES

Incorporating case studies that closely resemble situations learners face can help prepare them for the real world

COMPANY POLICIES

Workshops can align with specific policies and best practice to ensure learners align with your standards.

BRANDING

Designing workshops with your own branding and format to align with your own brand guidelines

COMPLIANCE

Workshops can be customised to include information about relevant industry regulations, compliance standards and legal requirements that learners need to be aware of.



**DON'T SETTLE FOR
GENERIC TRAINING—LET
US CREATE A TRAINING
EXPERIENCE THAT
DELIVERS EXCEPTIONAL
VALUE.**

WEBINARS



In recent times, our webinars have emerged as one of the most sought-after mediums for upskilling a vast audience. Recognising the need for accessible and wide-reaching training solutions, we have successfully delivered an extensive array of webinars across the globe. These sessions cover a diverse range of topics, including mental health, wellbeing at work, leadership, and psychological skills, applicable in both workplace and educational settings. Our webinars have proven to be exceptionally effective for various purposes – from developmental training and skill enhancement to awareness events and more.

Below is a list of our most popular and recent courses, showcasing the breadth and depth of our offerings. And as with all our services, we remain committed to providing bespoke webinar solutions, tailor-made to meet your specific requirements and objectives. Whether it's addressing a unique challenge or focusing on a particular area of interest, our customised webinars are designed to deliver targeted, impactful learning experiences.

Webinars

Acceptance and adaptation
ADHD: disorder or difference?
Applying positive psychology at work
Banter or Bullying?
Building resilience in teams
Cultivating a remote work culture
Effective virtual communication
Embracing neurodiversity at work
Emotional intelligence in leaders
Financial wellbeing
The Grow Model: Empowering people
How to stop procrastinating and master motivation!
Implementing Mental Health First Aid
Imposter syndrome
Panic attack first aid
Positive communication
Productivity hacks at home
Promoting psychological safety
Self-care for busy professionals
Sleep- why it matters
Stress and Burnout
Supporting stress in the workplace
Taming the anxious mind
Teambuilding in a virtual world
Thriving at work: Unlocking potential
The power of thought processes
Maximise your memory
Mindfulness techniques for stress reduction
Mental Health: a human right
The Daily Grind: from breakfast to bedtime

University mental health day: my story

Wake up, managers! Mental health is your business

Winter wellbeing

Young people's mental health

6 steps to achieve engagement

10 reasonable adjustments that should be accessible for all

“
Ellice has provided us some webinars around the subject of mental health and stress reduction while working from home. She is a pleasure to work with, with good communication and made the whole process extremely easy. The webinars were really well-received. You can tell immediately Ellice is extremely knowledgeable in the subject area and treats it with both passion and compassion. I look forward to working with Mindset more in the future.

Webinars and Marketing co-ordinator, Posturite

“
Mindset delivered a presentation during Mental Health Awareness Week on this year's theme, the subject of anxiety. Ellice made everything relatable and had a very interactive approach which made the topic accessible and was well received by colleagues.

Facilities manager, Asahi

“
We asked Mindset to deliver a presentation on well-being to our large and diverse team of franchisees and franchise laws. Our brief was a tad sketchy as we ourselves were grasping with how best to support our network in an often stressful and sometimes lonely position as a self-employed business. Ellice put together an incredibly engaging and accessible presentation with numerous attendees commenting on how much they took from what Ellice shared with them. Furthermore, our events were multiple and held across the country with contrasting audience sizes. Ellice was able to communicate effectively with our team, regardless of whether the audience was 15 or 150. Our team took an awful lot away from Ellice and our business has gained some valuable kudos with its members as a result of having Ellice as part of our event. I can highly recommend her.

General Manager, WOW World Group

WEBINAR/KEYNOTES

Awareness days & events

These days and events provide excellent opportunities for organisations to engage in conversations about mental health, organise events, or launch initiatives aimed at promoting mental wellbeing in the workplace.



Every year, mindset creates a webinar/keynote for a number of awareness days and is available for booking to bring tailored, insightful content to your organisation on these important topics.

Recognising important awareness days in your business not only promotes a culture of support and inclusivity but also plays a crucial role in educating and enhancing employee wellbeing. It encourages open dialogue on sensitive topics and aligns perfectly with corporate social responsibility.

Booking our expertly crafted webinars for these events means your team benefits from specialised, customised content delivered in an interactive and engaging format. It's a convenient and accessible way to involve everyone, including remote workers, in meaningful learning and development, reinforcing your commitment to a positive and proactive workplace culture.



POPULAR AWARENESS DAYS:

- Time to Talk Day (February)
- Children's Mental Health Week (February)
- University Mental Health Day (March)
- International Women's Day (March)
- Neurodiversity Celebration Week (March)
- Stress Awareness Month (April)
- Mental Health Awareness Week (May)
- Men's Health Week (June)
- Pride Month (June)
- World Suicide Prevention Day (September)
- World Mental Health Day (October)
- Black History Month (October)
- Anti-Bullying Week (November)
- National Stress Awareness Day (November)
- Alcohol Awareness Week (November)
- International Men's Day (November)
- Persons with Disabilities Day (December)
- Human Rights Day (December)

SCAN ME



**DOWNLOAD OUR FREE
AWARENESS CALENDAR
HERE OR SCAN THE
QR CODE**

COACHING AND MENTORING

Coaching and Mentoring

As an experienced Business Psychology consultancy working with diverse sectors at a global scale, we offer bespoke coaching and mentoring programmes that are uniquely tailored to meet the specific needs of individuals and teams.



Each programme is meticulously crafted to align with the unique challenges, goals, and dynamics of the individual or team. This personalisation ensures that the coaching or mentoring is directly relevant and immediately applicable, maximising its effectiveness and impact.

Leveraging her background in business psychology, Ellice brings a deep understanding of human behaviour and organisational dynamics to the table. This expertise allows her to provide not only insightful guidance but also practical tools and strategies that can be used to navigate workplace complexities.

Whether you're looking to develop leadership capabilities, enhance team dynamics, or navigate career transitions, these coaching and mentoring programmes provide a valuable opportunity to achieve your goals with the guidance of an expert in business psychology.



BENEFITS OF MENTORING:



ENHANCED RELEVANCE



ACCELERATED GROWTH



IMPROVED PERFORMANCE



INCREASED FLEXIBILITY



SUPPORTIVE ENVIRONMENT



LONG-TERM VALUE



Even after just a couple of meetings I feel a newfound energy and ambition.

-Private client, 2023

**CONNECT WITH US TODAY
TO START CRAFTING A PATH
TAILORED TO YOUR UNIQUE
GOALS AND CHALLENGES.**

THANK YOU

WE LOOK FORWARD TO WORKING WITH YOU.

Are you ready to unlock the full potential within yourself and your team? Contact us to discuss how we can tailor a programme that perfectly aligns with your goals.

Whether you seek to enhance individual skills, elevate team dynamics, or revolutionise your organisational culture, our learning and development solutions are here to guide you every step of the way.

Book now at www.mindsetbps.com



Meet Our Team



Ellice Whyte

*Director, Principal
Business Psychologist*

I founded Mindset in 2017, inspired by my mother who successfully runs her own consultancy company, while I was completing my master's degree in psychology. My area of expertise lies in business and educational psychology, with a particular enthusiasm for training and psychoeducation. Currently, I am deepening this passion through doctoral research, examining how training and personality traits influence the support given to individuals facing poor mental health.

Away from my professional life, I'm an avid traveller and music enthusiast, and I enjoy spending time in my allotment, humorously more successful at growing weeds than anything else! Originally from London, I now reside in the serene Cambridgeshire countryside. Each lunchtime, you'll find me walking my springer, Bobby.



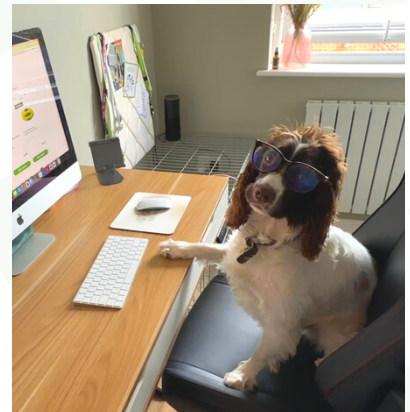
Amelia Farrelly

PA/Administrator



Claudia Silas

Marketing/Socials



Bobby

Chief Happiness Officer

WE ARE PROUD TO COLLABORATE WITH A NETWORK OF OVER 25+ CONSULTANTS AND INSTRUCTORS, EACH SPECIALISING IN FIELDS SUCH AS PSYCHOLOGY, COUNSELLING, AND SOCIAL WORK, ENSURING A DIVERSE AND COMPREHENSIVE EXPERTISE IN OUR PROFESSIONAL OFFERINGS.



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