



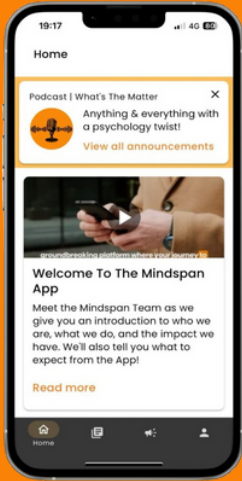
# MINDSPAN SHORTS |<=>|

**LESS TIME, LARGE IMPACT**

## INTRODUCING THE MINDSPAN SHORTS RANGE...

Short on time but eager to make a significant impact? Our Mindspan "Shorts" offer powerful, high-impact training sessions designed for maximum effectiveness in minimal time. These sessions are available in two dynamic formats:

- 60-90 Minute Talks (for larger groups)
- Half Day Workshops (up to 20 people)



# What is Mindspan?

With over two decades at the forefront of **mindset**, **attitude**, and **psychological development** training, Mindspan empowers organisations by illustrating the intrinsic link between **psychology** and **success**. Our very own Mindspan **psychometric tools**, alongside the cutting-edge **Mindspan App**, ensure accountability and continuous **learning** beyond the programme duration.



## Mindspan Shorts explained...

At Mindspan, we have a unique framework called the **MINDSPAN TRIAD** which all our content is built around - this covers 3 psychologies: **SELF**, **LIFE**, and **WORLD**.

Each psychology comprises three essential competencies (creating 9 in total):

- **Self Psychology:** Focus, Belief, Responsibility
- **Life Psychology:** Attitude, Clarity, Purpose
- **World Psychology:** Emotion, Empathy, Influence



Our Mindspan Shorts cover different micro segments of the Triad and are perfect for those who have less time to make an impact with their team, staff or clients.

# We cover a variety of topics...

Across the Mindspan Shorts Range, we have 11 topics - this is continuously being updated, with new ones added every year. Each of the Shorts can be delivered online, or in person, as stand alone topics or in combination.

**Embracing Change:** Understanding the factors affecting change and the psychology of resisting change. For individuals who are planning for change or experiencing change.

**Confidence Booster:** Learning the steps to greater self-belief and confidence and understanding the source of your inner confidence. This is for individuals and teams that are suffering from low confidence and wants to further enhance their performance.

**Stress Buster:** Understanding your triggers for stress and knowing its impact on your health and performance. This is for individuals, teams and organisation that want to reduce stress and unhelpful emotions.

**High Performance:** The importance of knowing what you DO and DON'T want in life. All individuals, teams and organisation that want to achieve at higher levels and use their minds more effectively.

**Goals Setting:** How goal setting positively utilises how your brain functions and understanding its benefits. All individuals, teams and organisation that want to goal set, target set and objective set more effectively.

**Getting Focussed:** Psychological focus theory and learning about the 'quirks of the mind. All individuals and teams that want to achieve at higher levels and use their minds more effectively.

**Time Management:** Spending more time on what's important and understanding what negatively impacts your use of time. Individuals, teams and organisations that want to use the precious resource of time more effectively.

**Happiness:** Your foundation for more happiness and how to make it a habit. All individuals, teams and organisations that want to experience greater happiness day to day.

**Wellbeing & Resilience:** Knowing the foundation of your wellbeing and how to design your wellbeing plan. This is for individuals, teams and organisations that have identified poor wellbeing and low resilience.

**Kindness:** The research benefits of kindness for the human species. Individuals, teams and organisation that want to positively enjoy life, connect with others better and enhance their culture.

**Managing Conflict:** How to reduce conflict and handle situations more constructively and understanding its typical causes. Managers that are looking to deal with conflict in their teams more successfully.

## Are you ready to join us?

Begin your journey with Mindspan today and unlock the Peak Performance mindset that awaits. Let us guide you & your team to become confident and fulfilled individuals who are ready to maximise their potential in life and business.

**Please get in touch below.**