REAL CLEAR | COACHING TRAINING ADVICE

MENTAL FITNESS
wellbeing package

> *"Real Clear help us to get the best out of ourselves so that we can make a difference."*
>
> **Naz Shah MP**

What is Mental Fitness?

Mentally, emotionally, psychologically and socially well enough to handle life and work.

We understand that you deal with complex situations, high expectations, conflict, and constant change. In those conditions, technical skills alone are not enough. People also need the inner capabilities that help them stay resourceful, manage their emotions, rise to challenges and work well with others.

Our perspective on Mental Fitness

Lisa, Leader of Real Clear:
"From years of study, research, working with people, plus my own lived experience, I recognised traits we can all strengthen, regardless of personality and background. These traits help achieve outcomes that better serve the world as well as ourselves.

Over time, I organised the traits into groups of 'muscles', using this metaphor as a reminder that we can strengthen them. My neuroscience studies have since shown me that brains, while not muscular, work in similar way. This work over 30 years, led me to develop the Four Core Muscles of Mental Fitness model, which sits at the heart of all our work at Real Clear."

The Four Core Muscles of Mental Fitness



Our model focuses on four core areas:
Self Care: How you relate to yourself internally.
Self Organisation: How you manage your attention, thinking and mental energy.
Self Development: How you approach growth and challenge.
People Skills: How we connect with and understand others.

HOW THE PACKAGE WORKS...

Step 1: Assessing Your Baseline

You'll take our quick questionnaire, scoring yourself on various mental fitness 'muscles' based on how you currently feel. You'll then receive a personalised 32-page report based on your scores which gives you a deeper insight into your mental fitness.

Step 2: The Debrief

You'll have an hour-long session with a Mental Fitness Coach where you'll explore the report together and create an action plan to work through over the next six weeks.

Step 3: The Impact

After working through your action plan and making changes based on your initial report, you'll take the questionnaire again and receive your updated report. You'll have another session with your coach to discuss how you've got on and what's next for you.

FAQS

Who is this opportunity for?

We've worked with MPs, Office Managers/Chiefs of Staff, Caseworkers, Parliamentary Assistants, Constituency Support Officers and more on Mental Fitness. We believe it's something everyone can and should prioritise.

How much does the package cost?

The package costs £250 plus VAT and includes two Mental Fitness Profiles and two 1:1 coaching sessions. You can pay using IPSA card and pay before or after the sessions, we work with whatever suits you.

A member of my team is struggling, could this help?

Yes, it could because it'll help them to understand themselves better and have a clearer sense of what they might need. Their personalised report contains multiple mental fitness exercises they could try that may help. Our coaches are highly qualified and experienced in working with people who are struggling with their mental health. We also recommend that they contact their GP or other professional support as appropriate. As a general guide, if they're struggling but able to work this package is likely to be beneficial.

Some members of my team say they don't need anything because they feel fine, could they benefit from this?

Yes. For people who are already feeling well this package can help them understand what they're already doing that's supporting them, and how they might further enhance their mental fitness. We often work with people who are well but are invested in self-improvement.

How does this differ from counselling, therapy or other wellbeing activities?

Anything wellbeing is generally a positive, including counselling, therapy, mindfulness practices, and more. What they don't do is provide you with a baseline and help you figure out a plan and then revisit that plan with you. We've regularly been told that our mental fitness programme has been the most helpful thing that people have done. The coaching sessions may feel therapeutic, and will give the person plenty of time to talk and feel heard, so there's a similarity to counselling, but the focus in these sessions is primarily on 'how can we help you to feel mentally and emotionally fit and well?'.

If someone is interested, but not sure, can they speak to you first?

Yes, we're happy to arrange a 15 minute chat online or by telephone, with our blessings. Please contact **rhian@realclear.co.uk** to arrange.

Can we spread the two sessions out further apart or closer together than six weeks?

Yes, just let us know what timescale will work for you. Any further questions? Drop us a line!

GET IN TOUCH