

MENTAL FITNESS PROGRAMME

“It was a great team bonding exercise to help us all realise our strengths, how much we all value each other and how we can help alleviate the pressures any one of us faces from time to time.”

Rebecca Long-Bailey, MP

“Lisa was supportive and insightful in her coaching style and approach, which made the whole programme an empowering and valuable process.”

Gavin White, Caseworker for Jeff Smith, MP



Mental Fitness

We know that we need to look after our mental health; and yet, diagnoses of mental ill health increase most years. Many of our people have seen the effects of mental illness first hand in the constituents, members, or students they work with. Our 20+ years of research and practise of coaching and training people from socially minded organisations, tells us that we need to take a different approach.

This is why we created our unique Mental Fitness sessions. Our focus is on helping you and your team to know how mentally fit you are today, and how you can be fitter tomorrow. Now, more than ever, we need great people like our MPs, their teams, our Union staff and lay reps, our educators and charity leaders to be mentally fit. The world is challenging, let's all be fit enough to handle it.

Our Programme Includes

- How we build our capacity to be mentally fit and enjoying life and work.
- How we help others with their mental health without it being a drain on our own.
- Tools and ideas that can build up mental fitness but designed to suit busy lives.

How We Do It

- Using our years of experience, qualifications, training and skills, we devised our unique practical, energising programme.
- Our research comes from neuroscience, cognitive psychology, behavioural psychology, performance science, coaching, cognitive behavioural therapy and more.

What We Cover

- Understanding the core components of mental fitness.
- Completion of our mental fitness audits.
- Learn some key mental fitness exercises. so you can start building up your mental/emotional muscles.
- How we sabotage our mental fitness and what can we do about it?
- Working out your mental fitness action plan as individuals and as a team.
- Plus, time to talk honestly in a safe environment.
- Your questions answered.

What to Expect

We always tailor our programmes to meet the needs of our teams, and we understand that both time and budgets can be constraints. We can provide sessions for groups and/or individuals and will work within any budget.

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