

Mental Fitness for Leaders

In today's world, the concept of physical fitness is well known and accepted. Mental fitness is very similar to physical fitness, however less readily recognised and acknowledged. When we are mentally fit, we flourish and can meet the challenges of daily life. True mental fitness also requires daily investment, just like physical fitness. Mental fitness means more than just an absence of a mental illness; it is about going "from good, to great".

The Mental Fitness for Leaders (MFFL) program is designed to help people leaders build skills and confidence in supporting employees to be their best as well as cope with life's challenges as they arise. MFFL provides a roadmap with a 3-step action plan for leaders to assist their team with proactive and positive strategies.

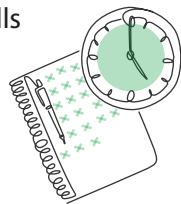


PROGRAMME CONTENT

Mental Fitness for Leaders enables an understanding of the mental fitness continuum ("the Roadmap"), and ability to clearly identify where they, their peers and their teams are located on the roadmap. Participants build skills to proactively offer support and have conversations with others to support their mental fitness.

Mental Fitness for Leaders is an online interactive 1.5hour workshop that educates and upskills Leaders to:

- Comprehensively understand the mental fitness roadmap
- Learn 3 key actions to support someone at various stages on the roadmap
- Clarify their role in supporting individuals and team members at various stages on the roadmap
- Build awareness of, and confidence using, internal and external support options
- Apply mental fitness conversation skills



Delivery Methods:



Face to Face: 1.5 hour facilitated programme onsite at your organisation. A maximum of 20 participants.



Online: 1.5 hours online facilitated programme via video conference. A minimum of 6 and maximum of 12 participants.

LEARNING OUTCOMES

- An enhanced understanding of Mental Fitness, and how to recognise where individuals and teams may be situated along the mental fitness roadmap
- An enhanced awareness of how to pro-actively offer support, relative to the individual/team's location on the roadmap
- Application of Mental Fitness skills at an individual, team, and organisational level

The MFFL programme can be customised to be a half day or full day workshop for those organisations wanting to provide their leaders with a more comprehensive skill set.



For more information

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