



masteryourmind



Resilience Performance Growth



Resilience Training for Corporate Teams

We live in a hectic world. The pressure to achieve has never been greater, but this achievement comes at a cost: increased stress, reduced productivity and disconnection from the things we value the most. It is clear this approach is unsustainable: we need to do things differently.

The good news is that there is something you can do. Imagine a workplace where the people in your care are more vibrant and energised, and thrive under pressure; where your teams are filled with creative, balanced, enthusiastic people; where every individual has the knowledge, skills and motivation required to take responsibility for the way they think, act and feel.

There is a way you can make this happen.

The Master Your Mind Program

Master Your Mind is a unique group training program for building stress resilience and empowering your staff to perform at their peak. Blending psychological skills training with physiological stress management techniques, the program trains your staff to become more effective contributors to your organisation. They'll think more clearly, get more done in less time, and sustain a higher level of performance throughout their day.

Who is the program for?

- Executives
- Managers
- Team Leaders and their teams
- Organisations seeking to support, develop and empower their staff



What makes Master Your Mind unique?

High-performance teams can only be developed through participation, communication and mutual respect. That's why each program module is packed with interactive exercises, practical skills training and lifestyle integration strategies to help your team members deeply engage. Participants embrace and share their life experiences, and walk away from their training with the tools they need for performance gains and behavioural change beyond the contact sessions.

By engaging in the program, participants soon realise that they can consciously control the way they think, act and feel. They discover how to:

- Increase self-awareness and build emotional intelligence
- Encourage, respect and support each other
- Identify and overcome the barriers to change
- Boost their vitality and enhance their performance
- Stay calm and balanced, and thrive under pressure, and
- Take responsibility for managing their stress.





What does the program include?

- Building Resilience – stress management techniques and early intervention strategies to improve sleep, increase stamina and boost vitality
- Food for Mood – nutritional guidelines to promote neurological balance and assist brain function
- The Art of Being Present – mindfulness training to reduce presentee-ism and lift productivity
- Lifestyle Integration – practical strategies to promote new habits and build lasting change
- Self-reporting Mechanisms – to monitor progress, facilitate discussion and accelerate learning

Participants bring their training into the working day by developing a personalised Integration Plan tailored to suit their workplace schedule. They take away the Master Your Mind program workbook, a four-week Skills Enhancement Program and eight mind-management techniques in mp3 format to facilitate ongoing practice of their new-found skills.

In-house Delivery Options:

Option 1: four 90-minute sessions (delivered weekly or fortnightly)

Option 2: a six-hour training day

Recommended maximum group size 20 participants.

Introductory Workshops and Staff Induction Programs

We provide complimentary two-hour Introductory Workshops in Melbourne CBD for prospective clients. Our workshops are the ideal way to find out how you can bring the Master Your Mind program into your workplace. We also provide Master Your Mind Staff Induction programs, ideal for assisting your new employees to better manage the challenges they face. These programs are also suitable for existing staff that would like to build resilience to stress and enhance their workplace performance. Visit our website for upcoming program details.

Our Clients

"Master Your Mind is proving to be an invaluable resource for our staff, helping them to manage the challenges of the workplace and in their everyday lives. I highly recommend this program to all organisations. It's a must for those that THINK they can handle their stress!"

Ros Pizzica – Learning & Development Coordinator, Wyndham City Council

"Thank you! I feel a calm I haven't felt in ages. I'll be recommending this program to all my clients. Bravo!!"

Tania Moloney – Director, Stressworks Corporate Health

"All the feedback I've received from staff has been positive. Some have used the techniques already! I will be recommending to my Executive Manager that the pilot was a success & we should proceed with further sessions. Thanks again for a great day!"

Brad Smith – Corporate Team Leader

"Thanks again Will for your excellent training program. Whilst not sure what sort of response would be achieved from our staff, the results were fantastic! Feedback was extremely positive with everyone advising that it was of huge benefit to them both professionally and personally. We will definitely be using your services again."

Terry Bidmade – Director, Regal Financial Services

"This program changes one's psychological outlook on life and alters thinking behaviours that cause 'dis-ease'. Master Your Mind is a truly effective program that cuts to the very core of human well being."

Paola Bertozzi – program participant

"An excellent program. Full of strategies I will take back to my desk and use everyday."

Robert P – program participant

"This is the first workplace training program I've ever done that has helped me in other areas of my life. The techniques are great and I've already put them on my iPod. Thanks again for a fantastic program."

Ben L – program participant



The Corporate Training Network

The Corporate Training Network delivers the Master Your Mind program to corporate teams around Australia. Master Your Mind is a skills-based, interactive program facilitated by highly trained health professionals and certified trainers using adult learning principles.

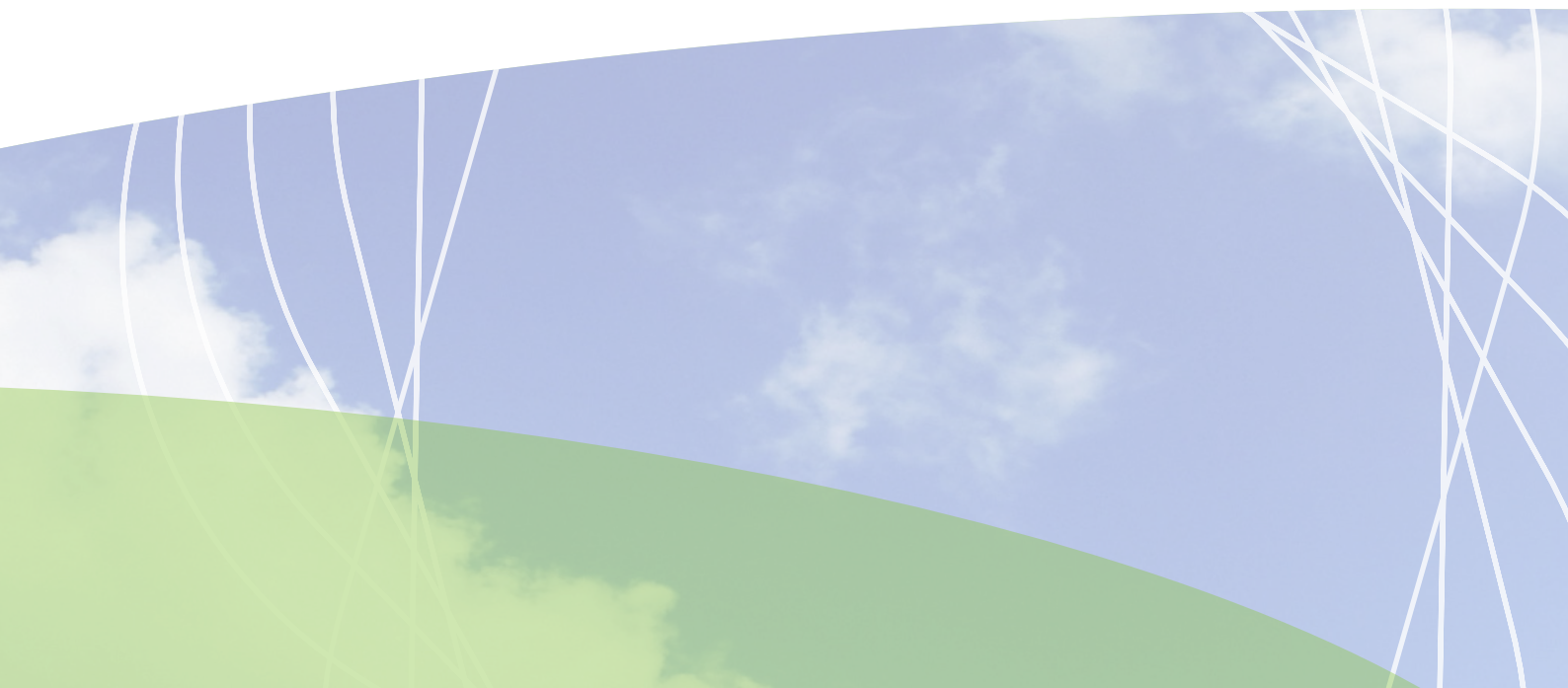
Our trainers use a solution-focused, collaborative approach to help your staff maximise their learning, and to help you get the most out of your training budget.

Principal Trainers

Kylie and Will Shacklock, creators of the Master Your Mind program and principal trainers at the Corporate Training Network, have more than 28 years combined experience training individuals and workplace teams to build stress resilience, increase productivity and engage more fully in their lives.

In the mid-2000's Will spent two years studying and teaching at meditation retreats in Australia and India, and specialises in delivering resilience training to corporate teams. A certified trainer, meditation teacher and health coach, Will includes practical techniques in every session, and empowers his clients to overcome their limiting beliefs and fulfil their potential.

Kylie is a certified trainer, clinical social worker, meditation teacher and health coach. An award-winning business owner, Kylie is passionate about helping her clients identify and achieve their workplace, health and lifestyle goals.



Where to from here?

Visit our website to find out more or contact us to discuss your needs.



Ph: 1300 258 188

info@masteryourmind.net.au
www.masteryourmind.net.au

Corporate Training Network
3 White Street Williamstown Vic 3016