

# VITAL KNOWLEDGE TO HELP YOUNG PEOPLE

Mindapples' unique training programme teaches people how their minds work to improve their health, work and relationships. The training covers a range of bitesize topics, each practically relevant to how we live today.



## 1 LOVE YOUR MIND

Our mental state is shaped by our daily habits. So if we can take care of our bodies by going for a run, or eating an apple, what about our minds? This module explores the many things that affect our minds, and shares practical insights from health, psychology and neuroscience to help you stay mentally healthy and effective in life and work.



## 2 MASTER YOUR MOODS

How we see the world is shaped by our moods. Our ability to concentrate and interact with others depends on subconscious factors like energy levels and tension. This session gives a simple framework for understanding and monitoring moods, and offers tips and techniques to help you manage your emotions and stay calm throughout the day.



## 3 GET MOTIVATED

The science of motivation is increasingly showing that the impact of money on our drive and output is limited. Instead, we rely on much more emotional factors to drive us to take action. This session unpacks what really drives you to succeed in your life and work, to help you stay focussed on your goals, and motivate other people better too.



## 4 HANDLE PRESSURE

Pressure is a reality of modern life. Whilst too much pressure can cause stress and harm our health, the right pressure can motivate and inspire us. This session teaches the psychology of how we handle pressure and respond to stress, and gives people practical tools to manage stress and stay resilient in the face of challenges and setbacks.



## 5 KNOW YOURSELF

Many personality tests define people by types and miss vital variations. By learning about the complex psychology and neurobiology underlying our personalities, we can find the activities that suit us best, learn how to play to our strengths, nurture talent and build a strength-based approach to manage our weaknesses and reach our potential.

Each topic is accompanied by notes and worksheets to help you explain the content to others, and run exercises to help them apply the content to their lives. The topics can be taught in any order, but are designed to complement one another – so the more you do, the more you learn.

You can read more about our training content in our book about workplace wellbeing, based on the same training, *A Mind for Business*, published by Pearson: <http://mindap.pl/mindforbusiness>