

Mental fitness & Sustainable performance

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UNLEASH YOUR BRAINPOWER IN

The Mental Gym



MINDWORKOUT

EDUCATIONAL PROGRAM

Mental fitness with Mental training



Do you want more balance in life? Do you want to learn mental techniques for a healthy stress level and a sustainable performance?



This program includes knowledge and practical training in evidence-based techniques from compassion-focused therapy, CBT, coaching, mindfulness, sports psychology.



The program starts with an introduction to the brain, stress and performance and then theory and practice in the area of Conscious Presence. Then we move on to Muscular Relaxation and self-awareness which is the basis of self compassion. Includes a web based evaluation.



12 sessions during 12 weeks. Live sessions and recorded.

Welcome and join us on a journey to a sustainable mental wellbeing and performance.

Schedule 2 months program

live by zoom and recorded



- w 1 Educational workshop 1** 08:30–10:00 The Brain and Mental fitness.
- w 1 Mind workout 08:30–09:00 Mental training, basics incl PMR.
- w 2 Mind workout 08:30–09:00 Conscious breathing technique.
- w 3 Mind workout 08:30–09:00 Stress management, visualization.
- w 4 **Educational Workshop 2** 09:00–10:00 Focus and Self leadership.
- w 5 Mind workout 08:30–09:00 Better sleep, more energy.
- w 6 Mind workout 08:30–09:00 Mindfulness, basic.
- w 7 Mind workout 08:30–09:00 Mental fitness, SOAL-R.
- w 8 Mind workout 08:30–09:00 Compassionate friend.
- w 9 Mind workout 08:30–09:00 Goal difference - gain awareness.
- w 10 **Educational Workshop 3** 09:00–9:30 Kick on. Tools for everyday life.

+ Pre recorded



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Program content - 4 rooms in Mindworkout Gym

Goal and purpose

Large purpose in life and small goals take you where you want to go.

Self leadership & Self compassion

Mindset. Consciously impact yourself to achieve what you want, based on self compassion.

Conscious awareness

Self awareness. Focus training.

Muscle relaxation

Recovery. Optimal stress level.

* Based on neuroscience, designed by licensed psychologists, mental trainers, coaches, mindfulness supervisors.
Selected basic techniques from cognitive behavioral therapy, CFT, coaching, sports psychology.



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Effects

Scientific studies show many good effects of mental training such as mindfulness and compassion.

Reduced stress
More positive feelings
Increased focus and concentration
Increased emotional control and resilience.
Stronger immune system

Positive effects on interpersonal relationships
Increased employee satisfaction
Friendliness in the workplace which has a positive impact on the highly effective teams

Immediate effects
10 min Mindworkout gives an average of 25% increased well-being.
A short deep relaxation gives increased productivity in the



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Employers who have helped their employees to become brainsmart

AstraZeneca 

THULE
SWEDEN

Nordea 

SEMCON

 Grant Thornton

VOLVO
Volvo Group Trucks Technology

 Länsförsäkringar
Göteborg och Bohuslän

 Göteborgs Stad
Trafikkontoret

Norconsult 

LINDEX

Up to
40 % increased
productivity*

5 av 6
i helhetsbetyg

25 %
ökat välbefinnande

"This program has really made me see things differently. Extra plus that all content is based on science and well explained."

"I know that I have tools available when I lose concentration"

"Thank you for a great program! The training has helped me to unwind and focus."

(* Source: Scientific studies and 1000s of participants' answers in Mindworkout's ongoing survey via Google survey)



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