

3 months Mental training Program Mental fitness

REGISTER HERE

“ *I think it's a fantastic program. I like the combination of the theoretic parts based on scientific results and the different mindworkout practices*

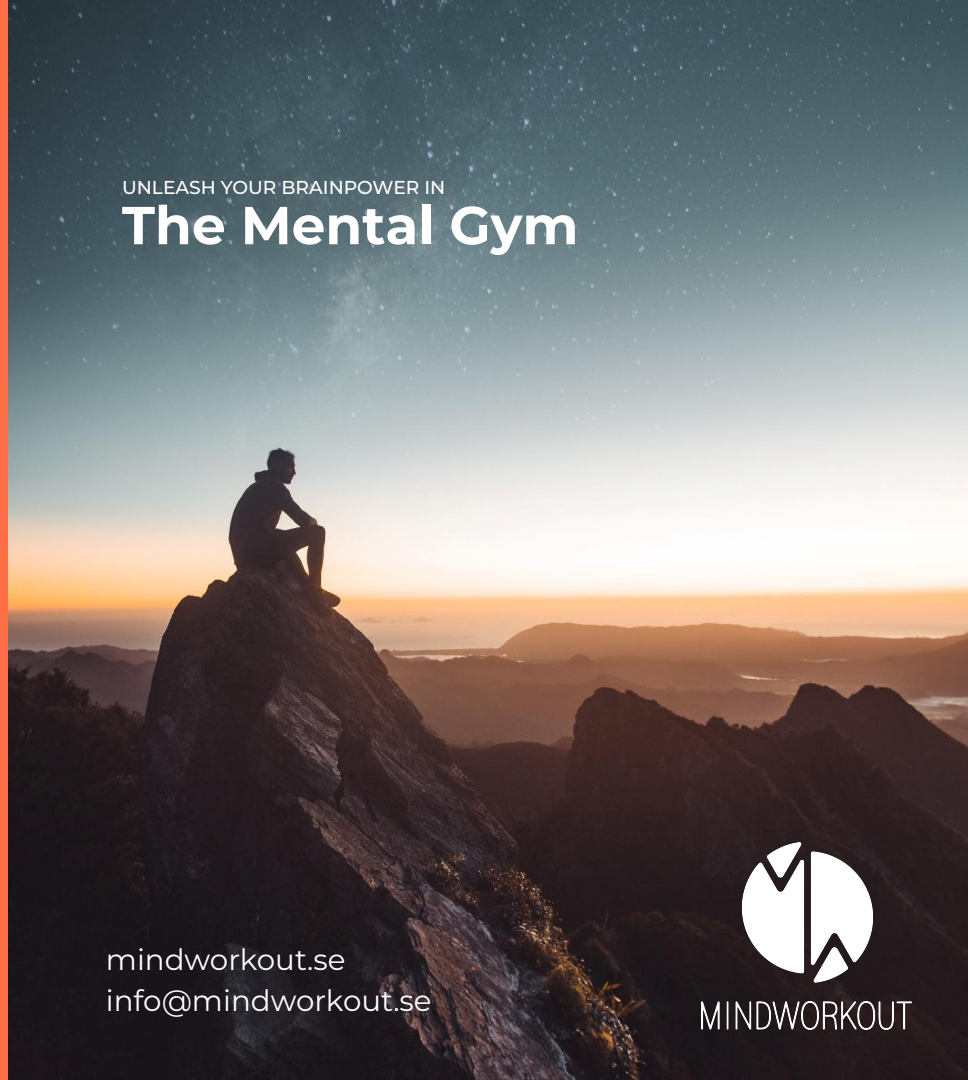
“ *I am happier, more positive and enjoy life more, seeing the "small things" in life more easily and am more grateful for it. I felt good even before the Mindworkout training, but these feelings have somehow intensified. What I am most surprised by is ... find it much easier to listen actively for a longer period of time and maintain focus, like when we have longer meetings of three hours. Awesome 😊*

Participants 2023

Overall rating
5,5 out of max. 6

UNLEASH YOUR BRAINPOWER IN

The Mental Gym



mindworkout.se
info@mindworkout.se



MINDWORKOUT

3 months Mental training program for Mental fitness

Are you ready to invest time in your own wellbeing?

Do you want to **learn and practise mental techniques** for increased well-being, self leadership and sustainable performance? Do you want an improved work life balance?

This program requires daily/weekly practice and a schedule for your own training in the calendar.

- 30 minutes live sessions, or recorded, via zoom weekly and 4 Educational workshops (scheduled)
- Practise effective 3-10 minutes recorded sessions when it suits you.
- An individual goal plan and follow up survey
- A buddy

This program includes a mix of theory and practical training in evidence-based techniques from compassion-focused therapy, CBT, coaching, mindfulness and sports psychology. [Link](#) to the specialists behind the content.

After the program: Continued training as member in the Mindworkout Gym.

Program objectives

- Create habits for mental recovery, positive energy and time for reflection in everyday life.
- Learn mental training tools and techniques.
- Increases conscious awareness, resilience, focus creativity and self-compassion.
- Mental fitness & Sustainable performance.

Effects

- In average 25% increased well-being* and sustainable productivity.

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



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Content

The four rooms of Mental training

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



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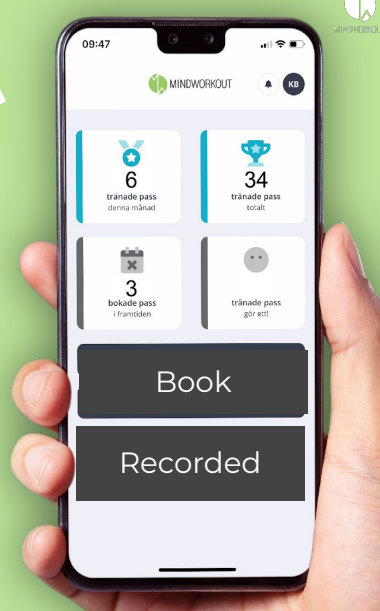
Live sessions via zoom

AZ Gbg

(*) Timezone CET

1	Educational workshop 1 (120 min) The brain & Mental training	w. Wednesday 25 Oct 14.00-14.30
2	Mindworkout-session <i>Better sleep, more energy</i>	w. Tuesday 24 Oct 14.00-14.30
3	Mindworkout-session <i>Foundation in Mental training PMR</i>	w. Monday 25 June 14.00-14.30
4 Continue: Mindworkout-session <i>Conscious breathing</i> Continue: w. Tuesday 3 Sept 14.00-14.30
5	Educational workshop 2 (105 min) Goal plan, Group-coaching	w. Monday 9 Sept 14:00 - 15:30
6	Mindworkout-session <i>Foundation in Mindfulness</i>	w. Tuesday 17 Sept 14.00-14.30
7	Mindworkout-session <i>Mental fitness - SOAR</i>	w. Tuesday 24 Sept 14.00-14.30
8	Mindworkout-session <i>Stress management with permissions</i>	w. Tuesday 1 Oct 14.00-14.30
9	Educational workshop 3 (105 min) Self-compassion	w. Wednesday 9 Oct 14:00- 15:45
10	Mindworkout-session <i>Compassionate friend</i>	w. Tuesday 15 Oct 14.00-14.30
11	Mindworkout-session <i>Self-compassion - meet internal critics</i>	w. Tuesday 22 Oct 14.00-14.30
12	Educational workshop 4 (105 min) Summary of the tools . Goal difference	w. Tuesday 29 Oct 14:00- 15:45
	BONUS! Mindworkout-session <i>Effective stress management</i>	Wednesday 6 Nov 14.00-14.30

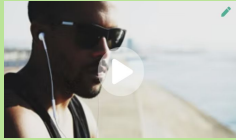
Example
(Upcoming program schedule [here](#))



Book your spot at **each** session via the Wondr-app. Book ahead.

Zoom-link available 30 min before start time: Look in your booked activity. The zoom-link is also emailed 30 min before start.

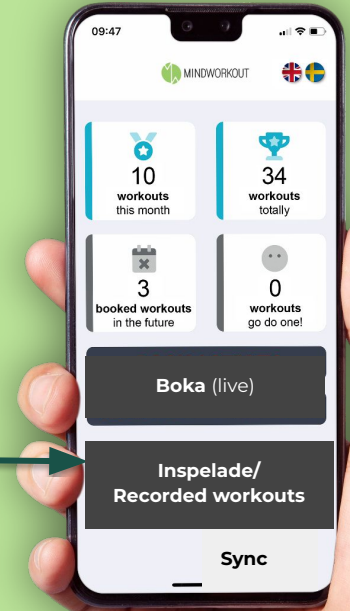
Recorded session



Between the live sessions : Practice a recorded 5-10 minutes recorded Mindworkout-session including the mental tool of the week.

You find it in **Recorded workouts > Brainsmart break**

All other program content is gathered in **Recorded workouts > Program Mental fitness**



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Effects

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

Reduced stress
More positive feelings
Increased focus and concentration
Increased emotional control and resiliens.
Stronger immune system
A short deep relaxation increases the productivity by up to 40% in the afternoon.

Participant feedback: Effects of the program

- Reduced stress
- Generally increased well-being
- Sleep better
- Increased focus/concentration.
- Increased emotion regulation
- Increased self compassion and self-awareness

Immediate effects

10 minutes Mindworkout-session increases the wellbeing 25%, average.



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