

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*

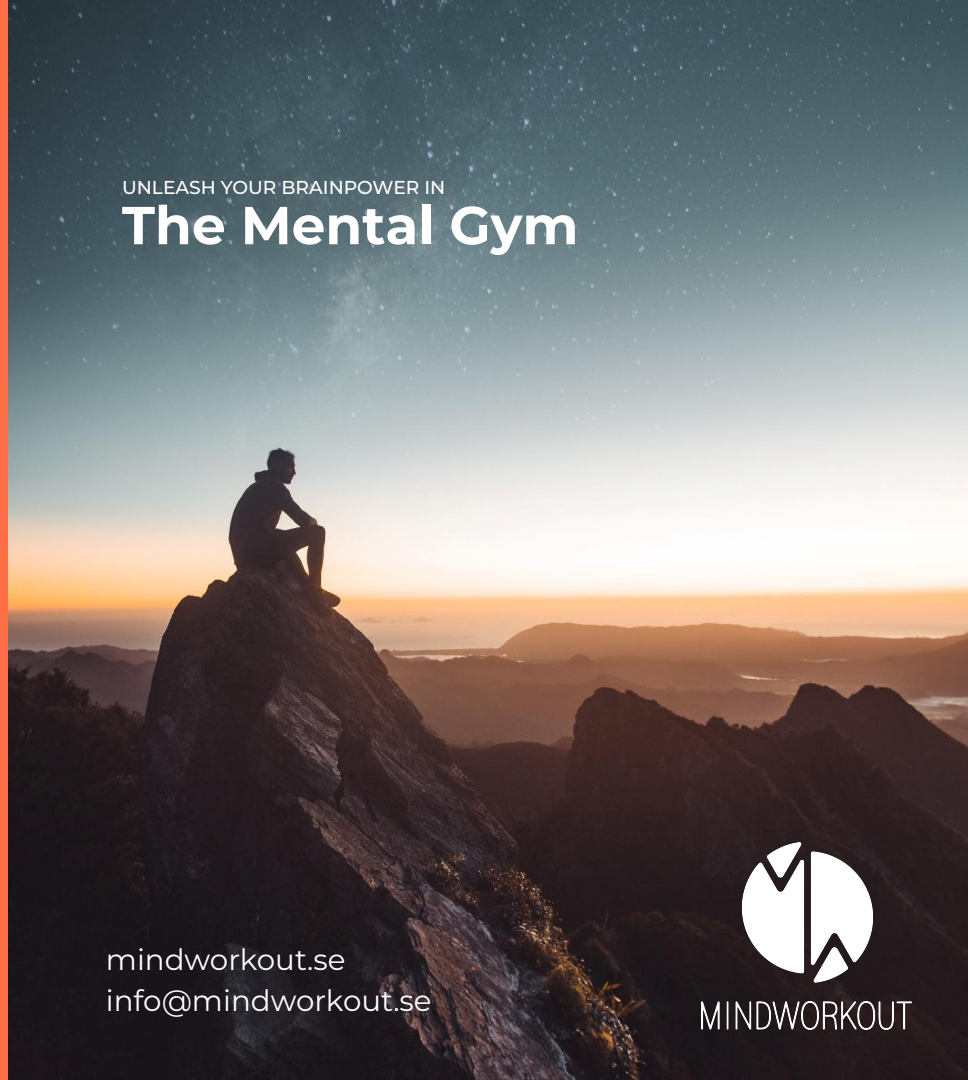
“ *I am happier, more positive and enjoy life more, seeing the "small things" in life more easily and am more grateful for it. I felt good even before the Mindworkout training, but these feelings have somehow intensified. What I am most surprised by is ... find it much easier to listen actively for a 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

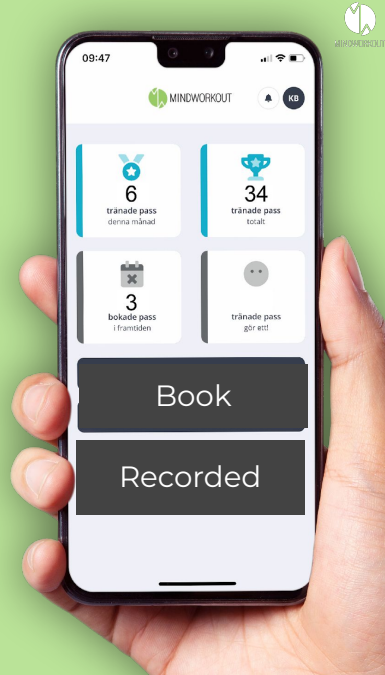
Based on neuroscience, designed by licensed psychologists, mental trainers, coaches, mindfulness supervisors.
Selected techniques from cognitive behavioral therapy, CFT, coaching, sports psychology.

Live sessions via zoom

AZ Gbg **Group 1** - 250114

(*) Timezone CET

1	Educational workshop 1 (120 min) The brain & Mental training	w.3 <u>Tuesday 14 Jan</u> 08.30- 10.30
2	Mindworkout-session <i>Better sleep, more energy</i>	w.4 Tuesday 21 Jan 08:30 - 09:00
3	Mindworkout-session <i>Foundation in Mental training PMR</i>	w.5 Tuesday 28 Jan 08:30 - 09:00
4	Mindworkout-session <i>Conscious breathing</i>	w.6 Tuesday 4 Feb 08:30 - 09:00
	<i>BONUS! Mindworkout-session Effective stress management</i>	w.7 Tuesday 11 Feb 08:30 - 09:00
5	Educational workshop 2 (90 min) Goal plan, Group-coaching	w.8 <u>Tuesday 18 Feb</u> 08.30- 10.00
6	Mindworkout-session <i>Foundation in Mindfulness</i>	w.9 Tuesday 25 Feb 08:30 - 09:00
7	Mindworkout-session <i>Mental fitness - SOAR</i>	w.10 Tuesday 4 Mar 08:30 - 09:00
8	Mindworkout-session <i>Stress management with permissions</i>	w.11 Tuesday 11 Mar 08:30 - 09:00
9	Educational workshop 3 (105 min) Self-compassion	w.12 <u>Tuesday 18 Mar</u> 08.30- 10.15
10	Mindworkout-session <i>Compassionate friend</i>	w.13 Tuesday 25 Mar 08:30 - 09:00
11	Mindworkout-session <i>Self-compassion - meet internal critics</i>	w.14 Tuesday 1 April 08:30 - 09:00
12	Educational workshop 4 (105 min) Summary of the tools . Goal difference	w.15 <u>Tuesday 8 April</u> 08.30- 10.15



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

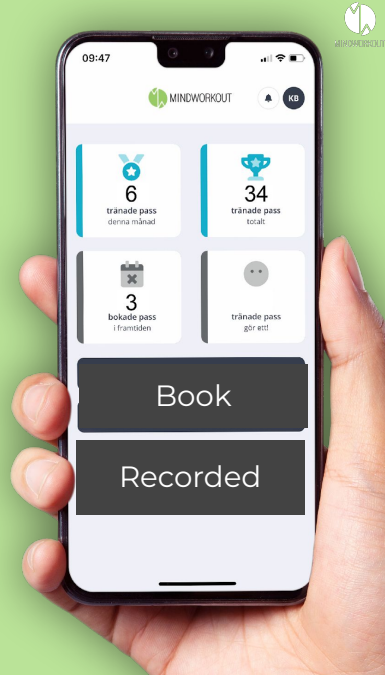
Zoom-link available 30 min before start time: Look in your booked activity. The zoom-link is also emailed 30 min before start.

Live sessions via zoom

AZ Gbg **Group 2** - 250114

(*) Timezone CET

1	Educational workshop 1 (120 min) The brain & Mental training	w.3 <u>Thursday 16 Jan 08.30- 10.30</u>
2	Mindworkout-session <i>Better sleep, more energy</i>	w.4 <u>Tuesday 21 Jan 08:30 - 09:00</u>
3	Mindworkout-session <i>Foundation in Mental training PMR</i>	w.5 <u>Tuesday 28 Jan 08:30 - 09:00</u>
4	Mindworkout-session <i>Conscious breathing</i>	w.6 <u>Tuesday 4 Feb 08:30 - 09:00</u>
	<i>BONUS! Mindworkout-session Effective stress management</i>	w.7 <u>Tuesday 11 Feb 08:30 - 09:00</u>
5	Educational workshop 2 (90 min) Goal plan, Group-coaching	w.8 <u>Thursday 20 Feb 08.30- 10.00</u>
6	Mindworkout-session <i>Foundation in Mindfulness</i>	w.9 <u>Tuesday 25 Feb 08:30 - 09:00</u>
7	Mindworkout-session <i>Mental fitness - SOAR</i>	w.10 <u>Tuesday 4 Mar 08:30 - 09:00</u>
8	Mindworkout-session <i>Stress management with permissions</i>	w.11 <u>Tuesday 11 Mar 08:30 - 09:00</u>
9	Educational workshop 3 (105 min) Self-compassion	w.12 <u>Thursday 20 Mar 08.30- 10.15</u>
10	Mindworkout-session <i>Compassionate friend</i>	w.13 <u>Tuesday 25 Mar 08:30 - 09:00</u>
11	Mindworkout-session <i>Self-compassion - meet internal critics</i>	w.14 <u>Tuesday 1 April 08:30 - 09:00</u>
12	Educational workshop 4 (105 min) Summary of the tools . Goal difference	w.15 <u>Wednesday 9 April 08.30- 10.15</u>

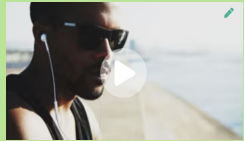


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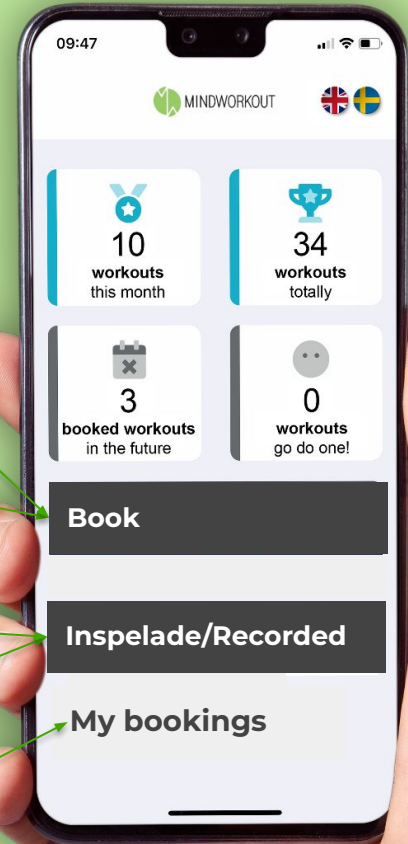
All in one place - Wondr app

Phone and webb



(*) *Tips from your coach: **Make a daily calendar booking for your 10 min recorded Mindworkout-session***

- You **book all the 13 live sessions** of the program yourself, before the program starts. Look for the relevant date and session in the schedule. Free access to all the open sessions in the schedule.
- Description of each session in the schedule and the instructor. Three colors of the sessions - The first sentences of the sessions describes the category.
- Short **recorded Mindworkout-session *** with the Tool of the week to practice on your own. See the catalogue *Brainsmart break*.
- You find **recorded versions of all live sessions** and powerpoints etc in catalogue *Program Mental fitness*.
- **Zoom-link** is sent by email 30 min before start time. At the same time the link is accessible in your booked activity.



The login is emailed before the program starts.



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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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