

# 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



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# 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.

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**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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1	<b>Educational workshop 1</b> (120 min) The brain & Mental training	<b>w.36 Tuesday 2 Sept · 08.30-10.30</b>	Mindful coffee 3 min (Start a daily habit)
2	Mindworkout-session <i>Better sleep, more energy</i>	w.37 Tuesday 9 Sept · 08.30-09.00	Letting go 10 min + <i>Grateful questions (journaling)</i>
3	Mindworkout-session <i>Foundation in Mental training PMR</i>	w.38 Tuesday 16 Sept · 08.30-09.00	Progressive muscle relaxation 6 min
4	Mindworkout-session <i>Conscious breathing</i>	w.39 Tuesday 23 Sept · 08.30-09.00	Conscious breathing 10 min
5	<b>Educational workshop 2</b> (90 min) Goal plan, Group-coaching	<b>w.40 Tuesday 30 Sept · 08.30-10.00</b>	Visualisation- a fantastic day 10 min
6	Mindworkout-session <i>Foundation in Mindfulness</i>	w.41 Tuesday 7 Okt · 08.30-09.00	Diamond of Consciousness 10 min
7	Mindworkout-session <i>Mental fitness - SOAR</i>	w.42 Tuesday 14 Okt · 08.30-09.00	SOAR 10 min
8	Mindworkout-session <i>Stress management with permissions</i>	w.43 Tuesday 21 Okt · 08.30-09.00	Letting go 10 min <i>Drivers and Permissions</i>
	<i>BONUS!</i> Mindworkout-session <i>Effective stress management</i>	w.44 Tuesday 28 Okt · 08.30-09.00	
9	<b>Educational workshop 3</b> (105 min) Self-compassion	<b>w.45 Tuesday 4 Nov · 08.30-10.15</b>	MOL(D) 10 min
10	Mindworkout-session <i>Compassionate friend</i>	w.46 Tuesday 11 Nov · 08.30-09.00	Compassion 10 min + <i>Compassionate friend</i>
11	Mindworkout-session <i>Self-compassion - meet internal critics</i>	w.47 Tuesday 18 Nov · 08.30-09.00	MOL(D) 10 min- <i>knowing your inner critics</i>
12	<b>Educational workshop 4</b> (105 min) Summary of the tools . Goal difference	<b>w.48 Tuesday 25 Nov · 08.30-10.15</b>	Visualisation- a fantastic day 10 min

**Live sessions** via zoomAZ Gbg **Group 2**

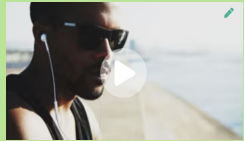
250904 Timezone CET

**Recorded sessions**  
**TOOL of the week**

1	<b>Educational workshop 1</b> (120 min) The brain & Mental training	<b>w.36 Thursday 4 Sept · 08.30-10.30</b>	Mindful coffee 3 min (Start a daily habit)
2	Mindworkout-session <i>Better sleep, more energy</i>	w.37 Tuesday 9 Sept · 08.30-09.00	Letting go 10 min + <i>Grateful questions (journaling)</i>
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	<i>BONUS!</i> Mindworkout-session <i>Effective stress management</i>	w.44 Tuesday 28 Okt · 08.30-09.00	
9	<b>Educational workshop 3</b> (105 min) Self-compassion	<b>w.45 Thursday 6 Nov · 08.30-10.15</b>	MOL(D) 10 min
10	Mindworkout-session <i>Compassionate friend</i>	w.46 Tuesday 11 Nov · 08.30-09.00	Compassion 10 min + <i>Compassionate friend</i>
11	Mindworkout-session <i>Self-compassion - meet internal critics</i>	w.47 Tuesday 18 Nov · 08.30-09.00	MOL(D) 10 min- <i>knowing your inner critics</i>
12	<b>Educational workshop 4</b> (105 min) Summary of the tools . Goal difference	<b>w.48 Thursday 27 Nov · 08.30-10.15</b>	Visualisation- a fantastic day 10 min

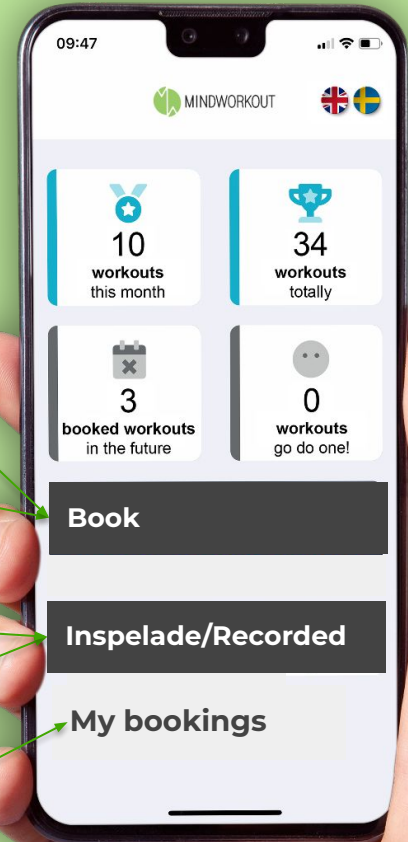
# All in one place - Wondr app

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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