

# mind ed

HEALTHY MINDS ARE GOOD FOR BUSINESS



[www.minded.ie](http://www.minded.ie)

**about us...**

**mind<sup>ed</sup>**  
HEALTHY MINDS ARE GOOD FOR BUSINESS

## **Breda Kyne**

- **consultant trainer specialising in wellbeing and growth mindset education**
- **the first accredited MindUP™ consultant in Ireland (2016)**
- **20 years experience in education and industry**
- **passionate about empowering organisations to foster positive workplace cultures**



## **Jacqui McGovern**

- **senior mental health social worker with 22 years of clinical experience**
- **tutor on the MA in social work in NUIG since 2010.**
- **registered Circle of Security Parenting programme facilitator**
- **passionate about making mental health and wellbeing information accessible to everyone**

**why  
invest...**

**mind ed**  
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**ISO  
45003**

ISO 45003 is a new global occupational health and safety standard that provides guidance on managing psychological health in the workplace.



stress levels have risen from 25% to 40% since the start of the pandemic, with the highest increase in men aged 30+ with children - from 13% incidence pre-covid to 36% (1 in 3) now.

\*Aviva (Mar 2020 -Jan 2022)



mental health has overtaken cancer as one of the main reasons for a protection claim, and close to 70% of employees are experiencing some form of stress at work.

\*Mater Private Healthcare Group Study (pre-pandemic)



**2021**

poor company culture and a negative impact on mental health are the primary reasons Irish workers resigned from their roles in 2021.

\*Microsoft Ireland and Matrix Recruitment Study 2022



up to 11 million work days are lost through absenteeism every year at a cost of 1.5 billion euro to the Irish economy.

\*ESRI Report 2018

# how we work...



## select



we select and curate the latest neuroscience and psychological research for our courses, and present the information in a personal, engaging way.



## connect



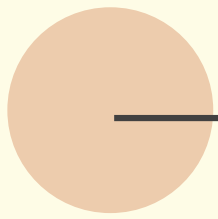
customer experience is our top priority. we personalise our courses to our client's needs. our courses are live and we we encourage interaction and questions.



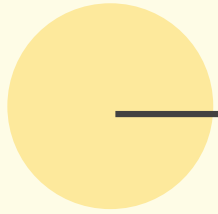
## reflect



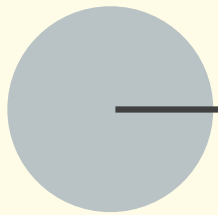
we encourage participants to make small, meaningful changes to their self-care routines through reflective activities. small changes repeated daily bring about the greatest results.



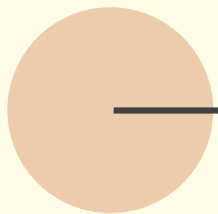
→ **taming stress (3 workshops)**



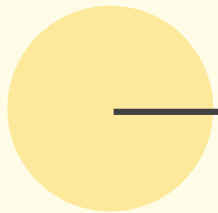
→ **burnout (2 workshops)**



→ **embracing the next normal**



→ **attention management**



→ **the science of workplace conflict**

## **unwind your mind** micro-course



→ **managing stress**



→ **challenging negative thinking**



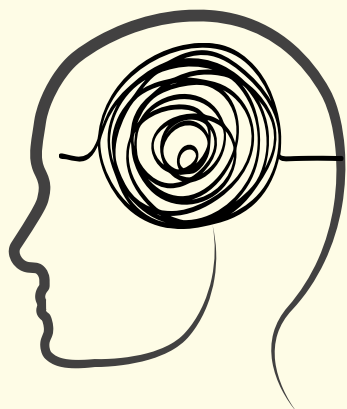
→ **managing attention**



→ **improving sleep**



→ **building positive habits**



- 5 key wellbeing topics over 5 days
- 30 mins interactive theory and practice sessions with live Q&A and handouts
- ideal for time-stretched organisations

## what our course participants say...



Thank you very much for all the knowledge and experience you have shared, it is a wonderful course.

100% relevant to all aspects of my work.

'I really really enjoyed the course, and I've done a lot of online training courses since Covid, this one has come out on top so far!'

Thank you so much. I have thoroughly enjoyed the course. You are both very easy to listen to and explain things so well. This course should be mandatory!

Really enjoyable. Very well put together and presented. Your messaging is very on point!

Thank you for the last 3 weeks, I have thoroughly enjoyed it. You are both very easy to listen to and explain things so well. I have taken a lot from this module. Thank you both again.

Thanks so much - really enjoyed the content and ideas and how you presented it - such a break from the usual powerpoint

I really enjoyed the training and found it very informative, easy to follow and understand and I gained great tips in thinking about how and why stress affects my life and how to deal with a stressful situation if it occurs. I would definitely recommend the programme.

'Thank you, I've really enjoyed the sessions. I'll be trying to put the things I've learned into practice. Thank you so much for your inspiring recommendations.'



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**connect with us...**



**[www.minded.ie](http://www.minded.ie)**



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**[@minded\\_ireland](https://www.instagram.com/minded_ireland)**



**Mind Ed**



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**call or email us to arrange a zoom chat.  
we'd love to show you how we work!**