Within life today, there is an increasing level of complexity, with many different competing challenges and demands in everyday life that we all must navigate through.

This programme can help you to focus on what matters most to you by offering techniques and processes to enable you to move towards where you want to be in work and life.

**Acceptance and Commitment Training (ACT)** is an evidence based approach that aims to improve wellness, performance and reduce stress by supporting the development of psychological (emotional) flexibility.

**What is psychological flexibility?**
In today’s environment, many of us are constantly rushing around and thinking about what is next; so much so that we fail to notice or experience the here and now. Psychological flexibility describes our ability to recognise and accept our thoughts, feelings and emotions, focus on living in the present moment, and take ACTion that is guided by our values. This is very important to our emotional fitness and mentally nimbleness.

Poorer wellness, it is argued, is based on psychological rigidity that leads us to adopt avoiding behaviours / experiences due to associations and stories we have created about events and thoughts that might or might not be true. These inhibit us from taking the behavioural steps required to achieve the life we want.

### Programme Purpose
Understand how to take positive ACTions towards improving your life and work.

### Programme Objectives
You will learn how to:

- Apply ACT to improve wellbeing, cope better with stressful and other life situations
- Recognise your relationship with thoughts and feelings
- Focus on being more present, aware and conscious
- Take actions towards your values and goals

### Benefits of ACT
- Become more emotionally fit and mentally nimble
- Improve memory and concentration
- Increase wellbeing
- Reduce burn out and exhaustion
- Reduce distress and mental health issues
- Achieve your goals and enjoy life

### 3 x Half day workshops

**Session 1: Valuing What Matters**
- Welcome and Introductions
- Introduction to ACT
- Stepping out of automatic pilot
- Understanding your personal compass
- Review and home practice

**Session 2: Recognising and Taking Focused Action**
- Reviewing practice progress
- Noticing thoughts and feelings
- Being present and aware
- Defining your values based goals and actions
- Review and home practice

**Session 3: Consistently Moving Towards What Matters**
- Reviewing practice progress
- Assessing value action consistency
- Being present and aware
- Refining your values based goals and actions
- Review and continued practice commitments

### Pre and Post Course Diagnostics
Before the programme and after, you will be offered the opportunity to complete two diagnostics to assess where you are now and enable you to track your progress.

**Cost:** £225.00 per person plus VAT

This programme is delivered by Occupational Psychologists and Business Consultants who are professionally trained ACT practitioners. To book your place, please contact us via email or telephone.
Together we can create great places to work

mind change
We are a consultancy practice committed to supporting organisations, leaders and individuals to create the conditions to improve emotional flexibility, relationships and wellness in work and life.

We blend proven ideas of being flexible, present and focused to enable value based actions in work and life; so that employees’ blossom, work teams strengthen and organisations prosper.

Our approach is underpinned by rigorous, evidence based psychological principles and research. Together we are a team of Occupational Psychologists and business consultants who are passionate about delivering great places to work.

mind solutions
We offer consultancy and training across four main areas:

- Emotional Intelligence
- Workplace Wellbeing
- Personal Resilience
- Psychological Flexibility

Programmes are open to the public or can be delivered specific to your needs and on your premises.

mind values

Rewarding and Supportive Relationships - Expert, qualified professionals delivering flexible and trusted services and advice

Professional Conduct - Appropriate, measured and accountable in all interactions

Integrity - Using evidence based ethical protocols that can enable a return on investment

Making an Impact - We share our knowledge to enable positive actions to increase psychological flexibility and well-being

For further information and workshop dates, please visit our website or contact us.