



mind  plus

Workplace Resilience Program

**'Adversity introduces men or
women to themselves'**

- Albert Einstein

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'It is your reaction to adversity, not adversity itself that determines how your life story will develop.'

- Nelson Mandela



Over the past couple of years, business leaders and companies worldwide have had to learn how to keep going during deeply unsettling events. One of the few silver linings of the pandemic is that it has led to increased spaces for conversations to create an environment at the workplace focused on cultivating Resilience and Emotional Well Being. There is a renewed focus on the ability to bounce back after difficult times where people can thrive with increased awareness of Psychological Health and Well Being.

A culture of resilience in the workplace offers the potential to support psychological wellbeing and improve the performance of both people and organisations.

Expected Behavioral Health Impacts in the Workplace

There are clear neurological links indicating that when we are in the grip of strong, uncomfortable emotions like Frustration, anger and stress, our ability to process information so well, think creatively or make good decisions goes down – making an important part of us to shut down.

The most common reasons are



Burnout



Social Isolation



Disrupted Work
Life Balance

**‘New beginnings are often disguised
as painful endings.’**

- Lao Tzu

Why focus on Resilience?


Resilient organizations are made up of resilient individuals. During difficult times, stress can destroy creativity and productivity. But this is not the only option. Building mental fitness and resilience skills can allow organizations to deal better with the chaos and uncertainty of the outside world whilst allowing them to come together with a shared sense of meaning and purpose.



As we start dealing with the ever changing definition of the “new normal” in the brave new world, we must strive to work on various components of our Mental Health such as stress management, dealing with fear and uncertainty, effective communication, cultivating empathy to humanize workplaces, and manage difficult emotions to promote Resilience and Emotional Well Being.

What can we do?

MindPlus assists organizations to cope better, adapt and even thrive to the demands of the brave, new world, Our Workplace Resilience Programme is based on the core components of Resilience, Mindfulness, Positive Psychology and Emotional Intelligence, which offers a range of deliverables, such as interactive and reflection-based Webinars, regular Resilience based Webinar, Guided Practice of Mindfulness through Audio clips, Access to our App to practice Mindfulness anytime according to the comfort and convenience ,features like Breathing Loop, Music Library, Journaling and much more. along with access to therapy services with our team of Mental Health and Well Being experts at a discounted rate.



‘The future depends on
what you do today’

- Gandhi

Our Program

Just like any other initiative, resilience is heavily influenced by cultural contexts, established ways of working and awareness and modeling by leadership teams. If the psychological climate of an organization is supportive and positive, it becomes easier for its members to cope better with personal and professional challenges that they might be facing and support each other.

Our programme is based on core components of Resilience, Mindfulness and Emotional Intelligence as listed below :

Topics	Objectives
Dealing with 'New Normal'	<ul style="list-style-type: none">● 'New Normal' - Current scenario and its impact● Navigating through the difficult emotions around the New Normal● Practical tips on managing work in the New Normal● Empowerment and Control - Establishing a sense of control
Performing under Pressure	<ul style="list-style-type: none">● Recognizing how stress shapes our brain● Importance of Mindfulness in managing stress● Practice exercise to try right away
Technology and Productivity	<ul style="list-style-type: none">● Impact between technology overload on well being and productivity● Digital fatigue and burnout● Dealing with distractions, interruptions and flow● Understanding skills to optimise well being and performance
Cultivating Mindfulness	<ul style="list-style-type: none">● Understanding the concept of Mindfulness● The science behind Mindfulness● Mindfulness : The techniques, know- how, understanding the practice● Incorporating Mindfulness into effective habits for everyday life

Topics	Objectives
Building Social and Emotional Immunity	<ul style="list-style-type: none">● Awareness of Social and Emotional Contagions● Impact of emotional and social wellbeing on behaviour● Strategies to build social and emotional immunity
Building Resilience	<ul style="list-style-type: none">● Elements of Resilience-3C'S & 3P'S● Strategies for building Resilience● Building Long term skills for optimising performance in the face of uncertainty and change
Science of Change and Habit formation	<ul style="list-style-type: none">● Neurobiology of Habit change-The Habit Loop.● Understand the cognitive biases affecting mind-sets and behaviours when facing change● Incorporating skills to identify obstacles to habit change● Initiating sustainable behaviour change
Mental Health Awareness	<ul style="list-style-type: none">● Mental health at workplace and its impact on Employee's working life● Create a new collaborative approach to reducing mental health risk factors and promote a positive environment at workplace● Increase help seeking behaviour at workplace
Navigating uncomfortable emotions	<ul style="list-style-type: none">● Enhance emotional awareness● Strategies to manage uncomfortable emotions● Self compassion and its role in managing difficult emotions● Link between mindfulness, wellbeing and performance
Building a Mindful Culture at Workplace	<ul style="list-style-type: none">● Autopilot Mode :Understanding how cognitive biases impair decision making.● Mindful Communication for sustainable change at workplace● Incorporating Mindfulness to align Workplace culture

Program Deliverables

Deliverables	Description
Assessments to assess impact of the Program	Pre and Post – Before the program deliverables are initiated and as the program ends
Monthly workshops	Various topics relating to performance, resilience and mental well-being
Individual coaching and therapy sessions	Discount on Therapy Services
MindPlus Mobile Application	Access to the MindPlus Mobile Application

*Continued Assistance - Seamless Support and Assistance by MindPlus Team of Psychologists throughout the program.



Resilience should be on every organization's agenda. We're here to put the solution in your hands.

Contact Us



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