

Developing resilience for early career professionals, new managers and teams



Why Invest in Building Resilience in Early Career?

24% → Of adults feel unable to manage the level of stress in their lives

61 → Days lost p/a in those paid between £20 and £30k

54% → Of employees say that increased workload caused them stress

60.6 → Days lost p/a to stress in 18-24 year old age group

34% → Of 18-24 year olds have taken time off for stress (vs 20% average)

48% → More productive time lost due to absence and presenteeism in under 35's than older staff



Why Choose My Mighty Mind?

Because we better prepare your newest recruits to cope with the fluctuating dynamics of the modern workplace

☀️ **Focussed:**

Our workshops are specifically directed to help the early career sector of your workforce ensure they develop essential resilience skills from the start of their professional journey.

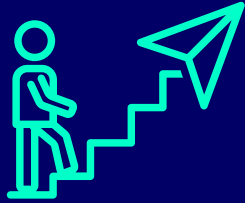
☀️ **Relevant:**

Our training is based on principles of sociology, psychology, and neuroscience so is universally relatable and works in all environments.

☀️ **Memorable:**

Our framework offers a simple roadmap for building resilience. We work on both internal beliefs and external behaviours to empower people to navigate challenges with confidence.

Who we help



Entry level up to
experienced managers
New recruits
Graduates
New managers

Who we don't



Senior Management
C Suite /Exec Leaders
(but we can help you
understand how to build
more resilient staff)

How we do it

By inspiring your employees to build their resilience,
manage stress and look after their wellbeing in 4 easy steps:



Demystify
Resilience



Explain the
Psychology



Explain the
Environment

Provide a
Simple
Solution



**Choose
Mighty**

Benefits for you and your organisation:



Improved engagement, productivity, retention and happiness in your workforce

☀️ **Engagement:**

When your team feels supported and empowered to overcome challenges, they're more likely to bring their best selves to work each day.

☀️ **Productivity:**

You can expect to see a noticeable increase in focus and efficiency when individuals are equipped to manage stress and bounce back from setbacks.

☀️ **Retention:**

Demonstrating your commitment to your team's wellbeing, growth and development will improve turnover rates.

Formats:

Keynotes

Webinars or 'Lunch and Learn' sessions for larger groups or as a perfect summary for your leadership teams. Choose from:-

The Psychology of Resilience

The Sociology of Resilience

Resilience Redefined

Workshops

Half or full day workshops demystifying the sociology and psychology of resilience and introducing the simple framework to build your resilience in life and at work.

Workshops for [Personal Resilience](#) and [Team Resilience](#)

12 sessions in small groups. Builds accountability and connection through the group dynamic.

Benefit from [The Personal Resilience Gym](#) and

[The Manager Resilience Gym](#)



Outcomes:



For the individual:

Improved self belief, confidence and motivation leading to enhanced performance and satisfaction

For the employer:

More resilient, capable and committed employees leading to enhanced engagement, retention and productivity

‘Because Resilience Leads to Brilliance’

What people say:

“Choose Mighty has grown from being a programme which builds the resilience of the individual to one that provides tools to recognise and harness team strengths and develop collaboration.”

Grainne Ridge, L&D Manager
DCS

“My team thoroughly benefitted from this informative and interactive workshop by helping them understand the importance and benefits of being resilient in all aspects of life. A must for anyone.”

Cara O’Nions, Marketing Director
Euromonitor

“Brilliant feedback from all the Future leaders who took part in the workshop – we will be using Choose Mighty more to develop younger talent.”

Lyndsey Cambridge
Head of Engagement
Federation of Wholesale Distributors

“Really engaging and thought provoking. It is inspiring and encouraging to start assessing your life and living with purpose.

Thank you so much!”
Abigail Blackburn, Senior Buyer
THG

Choose Mighty and let us inspire your employees to proactively build the invaluable skill of resilience.



'Because Resilience Leads to Brilliance'

Let's talk:

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