

EXCLUSIVE

MIND ARMOUR 2022

Switching Gears to Achieve Individual and Collective Success

Bespoke Performance Programme: £1,495

What is Mind Armour 2022?

Mind Armour 2022 (MA 22) is all about personal development and collective professional growth. Mind Armour will not only challenge your definition and understanding of a winning mindset, but it will also provide you with the guided expertise and toolkits to push through real and perceived ceiling limits.

The course will focus on key core aspects of understanding and measuring personal and professional development, but also builds in bespoke choice. Areas include:

- Personal & Professional Awareness
- Emotional Confidence
- Team Dynamics
- Resilience
- Growth Mindsets
- Motivation
- Goal Setting & Visualisation
- Mental Health & Wellness
- Coaching and Mentoring
- Communication and Confrontation Resolving Skills
- Sonoma Mindset
- Vulnerability Models

Who is it for?

Mind Armour 2022 is for any organisation, or individual within an organisation, who wants more from themselves. There is an audit of their strengths and areas for development, followed by an agreed group and/or one to one knowledge interrogation and coaching progression, a measurement of progress PLUS a bespoke choice of learning focus.

At the end of the programme, you will be equipped with the tools, knowledge, expertise and willingness to break through your ceiling barriers. The biggest fear we have is that we become successful beyond our wildest dreams!



"Enthusiastic, enthralling, and entertaining, Ross McWilliam is an inspiring individual. I've known Ross for many years, and much as I have to do on a daily basis at BBC News, he engages the audience. Ross clearly has a love for learning and is also passionate to share that knowledge."

- Richard Frediani, Senior News Editor BBC -

Mind Armour By Ross McWilliam

The Man Who Changed a Million Lives

Having helped change a million lives over 30 years, and having reached the grand old age of 60, I am convinced that being proactive, not fearing the worst, preparing for positive change, being in flow, and thriving rather than in survival mode, we can enjoy more fulfilling professional and personal lives.



So, having identified the need for a more gentle and informed approach to performance training, I developed Mind Armour in 2021 by consolidating my knowledge and experiences with several individuals and organisations. The feedback has told me that this type of approach and focus was needed now, more than ever.

What's Included?

1. Online Meet and Greet and initial audit of need for each stakeholder delegate
2. One day group learning session
3. Two half day group learning and consolidation sessions
4. Post course reflection coaching

Book a no obligation Discovery call with Ross to chat about your bespoke requirements.

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MINDSETPRO
ROSS McWILLIAM
DEVELOPING PEOPLE - IMPROVING PERFORMANCE