



NEW  
Mindset



NEW  
Results

## COACHING: THINKING STRATEGIES FOR OPTIMUM PERFORMANCE

### Available Formats and Pricing

Twilight Introduction  
Half Day Development  
Full Day Comprehensive

Available Online or Face to Face  
\*Priced per head with Group discounts available

### Course Introduction

Greater staff engagement, motivation and performance contribute directly to business success. A greater knowledge of mindsets would allow staff to develop personally and professionally as individuals and as a team.

### Course Outcomes

By the end of the INSET, delegates will have:

- An understanding of the personal non cognitive skills needed to be more successful
- Reviewed the value and appropriateness of emotional confidence, resilience, empathy, motivation and team success skills
- Measured own mindsets and emotional competencies
- Practical strategies to sustain and further develop mindsets

### Trainer Profile

Ross McWilliam has been involved with formal education for over 30 years and has probably changed the lives of over one million children, young adults and senior professionals within the field of mindsets.

He has worked with over 1,000 schools and businesses and has a real passion for helping to develop and sustain professionals.

Ross is accredited by Mental Health First Aid England (MHFA) and delivers training and keynote speaking at various national conferences, school clusters and business managers forums.

“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**



07771 916 788



ross@mindsetpro.co.uk



www.mindsetpro.co.uk



**MINDSETPRO**  
ROSS McWILLIAM  
DEVELOPING PEOPLE - IMPROVING PERFORMANCE