



## PERFORMANCE WELL-BEING & STRESS MANAGEMENT

### Course Overview

Understand what well-being really is, how we often sacrifice this in the pursuit of improved performance and learn how to identify, measure and manage stress levels effectively. This course also comes with a practical toolkit for performance strategies.

**Format and Pricing:** *One Day £150*

### Trainer Profile

Over the past 30 years, Ross McWilliam has worked in over 1,000 schools and businesses. Through his work in the field of mindsets, he has changed the lives of one million children, young adults and professionals. Ross has demonstrated an unrivalled record of engagement, education and empowerment and has been described by leading international psychology professor Barry Hymer as 'a classic growth mindset.'

Ross has written for various journals such as Times Educational Supplement, SecEd, Head Teacher Update, Meetings & Incentive Travel and Lancashire Business View. Ross is also a published children's author, more information can be found at: [www.cuppajourney.com](http://www.cuppajourney.com)

"The course was very well facilitated, great interaction and learning in a very calm, friendly and safe environment. Really good content – thank you so much. I have already recommended it to others!"

**- James Jones, NCS Programme North West**



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