



MIND
MATTERS

RESILIENCE TRAINING

FOR RESEARCHERS

Why should building your resilience be a priority for researchers?



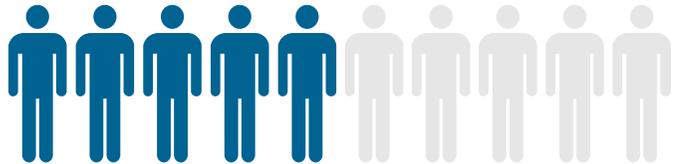
48% feel pressured to work long hours



61% witnessed bullying or harassment



70% feel stressed on an average day at work



53% had or are seeking professional help for their mental health

Build your stress resilience and boost your mental wellbeing over the course of 9 weeks

Discover your current level of resilience with the Personal Resilience Indicator (PRI)

1. GETTING STARTED



Uncover your limiting core beliefs that drive your thoughts and behaviours

3. CORE BELIEFS



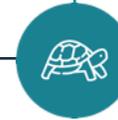
Understand what gives you meaning and a sense of direction in your life

5. PURPOSE



Learn techniques to help you push through personal and professional challenges without exhausting yourself

7. PERSEVERANCE



Measure your progress with the PRI and build your personal resilience game plan

9. WAY FORWARD



2. HEALTH

Learn how to make conscious lifestyle choices that support your physical and mental health



4. COMPOSURE

Create emotional self-awareness and develop your ability to regulate your emotions under pressure



6. PROBLEM-SOLVING

Learn how to maximise your ability to solve problems and to create insights



8. RELATIONSHIPS

Understand how to use your intuition and trust to build mutually supportive relationships



Build sustainable resilience habits over the course of 9 weeks rather than overloading yourself with information in a 2-day event

PERSONAL RESILIENCE INDICATOR (PRI)

Take our proprietary, independently validated resilience diagnostic, the only diagnostic of its kind with a reference population specifically for researchers

RESOURCE AREA

Review the recordings from the Live Workshops if and when needed and work through the templates and workbooks at a time and pace that works best for you

Dive deeper and explore additional resources that are most relevant to you.



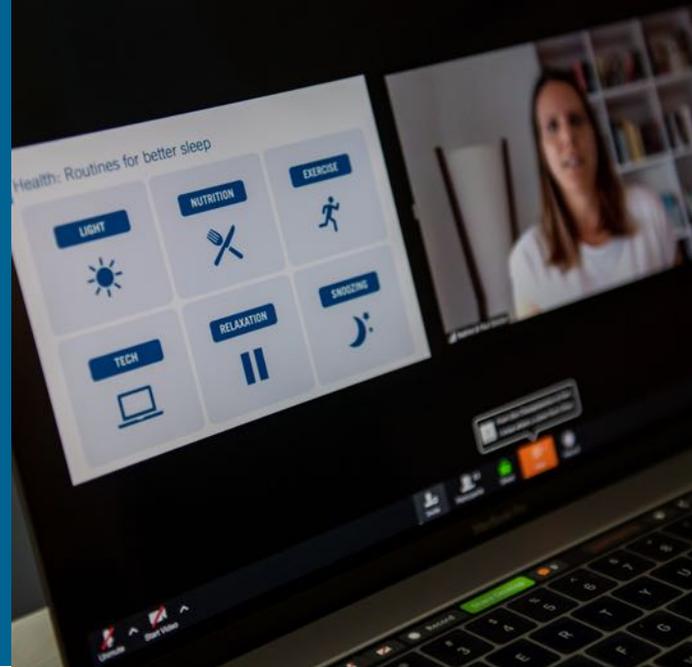
9 WEEKLY LIVE COACHING WORKSHOPS

Build your resilience in bite-sized 90 min sessions and at the same time get guidance, answers to your questions and interact with the other participants in weekly sessions via video conference

PRIVATE SOCIAL MEDIA COMMUNITY

Join our moderated, private social media community on Tribe.so and use the opportunity to ask questions, share your progress and interact with the other participants.

“ I can now deal with the stress of research more effectively and more efficiently. I have learned the importance of taking care of my mental health.



“ I slept the whole night this week without waking. I can't remember the last time that happened!

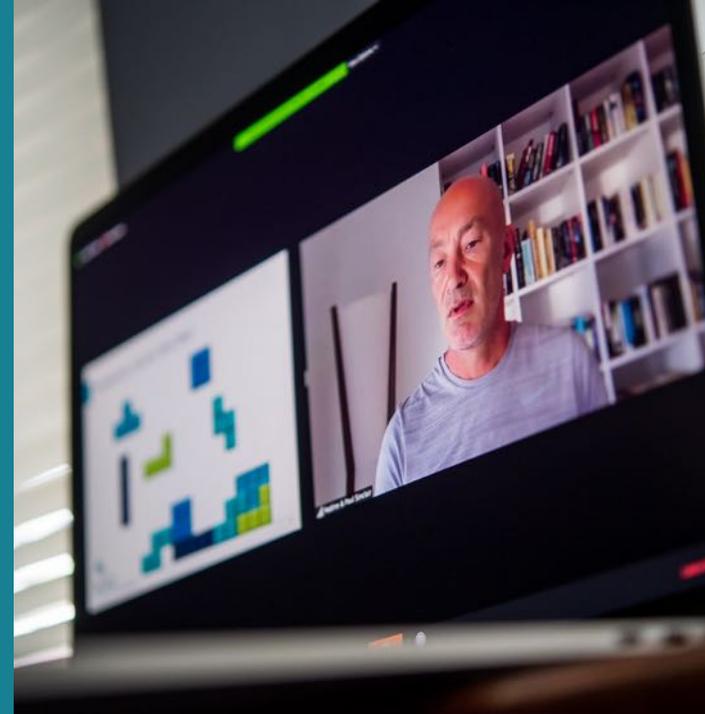


“ With ever-growing anxiety affecting my mental health and work productivity, I sought the help of Mind Matters. I can confidently say that it was one of the best decisions I have taken.





“ I learned the backbone of resilience and how to improve it. And of course the many elements of it and specific strategies to work on them. Specificity makes it very accessible!



“ Loved that resilience was presented in a metaphorical way. Discussing resilience may be one of the best and most important topics in these times!



“ Good to know that everyone is struggling with similar issues!

The Resilience Training with weekly workshops on Mondays 16:00-17:30 CET starts on Feb 8th and finishes on Apr 9th

SCHEDULE AT-A-GLANCE



DR. NADINE SINCLAIR

Nadine is a trusted advisor to corporate and academic leaders. Before embarking on her entrepreneurial journey, she was a project manager with McKinsey & Company. A scientist by training and at heart, she conducted her doctoral research at the Max Planck Institute for Biophysical Chemistry.

In her work as a neuroleadership expert, she uses her scientific mind to bridge the gap between science and business practices using the latest insights from neuroscience and behavioural economics to create breakthroughs for her clients.



PAUL SINCLAIR

Paul is passionate about helping high-achievers transform their resilience, emotional intelligence and leadership style to become more authentic leaders of themselves and others.

Building on his past experiences as a top athlete, member of an elite military unit, recovering addict and as a successful entrepreneur, he knows what it takes to change your brain and transform ingrained patterns of thought, feelings and behaviour.

