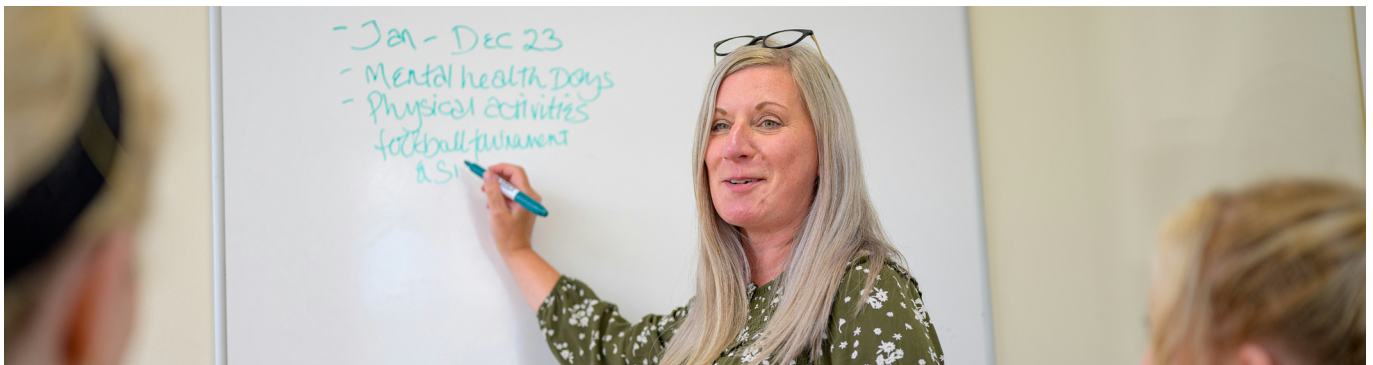




MindCoach

Learning summary	This course supports learners in managing positivity, energy and wellbeing in order to create better personal and professional environments. Grounded in the science of positive psychology, the course explores what it means to have a healthy mindset, boost resilience and cope with stressful situations.
Learning aims	The aim of this learning is to provide learners with tools and techniques to develop resilience and create strategies for effectively managing moments of increased pressure.
Learning objectives	Learners will be able to: • Recognise the factors which contribute to developing personal resilience • Explain the physiology and psychology of stress • Identify personal strategies for improving resilience and managing stress



Applicable audiences	This learning is suitable for all learners				
Pre-requisites	There are no pre-requisites required for this learning				
Delivery method	This learning is delivered by a virtual classroom				
Duration	This learning will take 1 hour 30 minutes to complete				
Materials and resources required	Learners should have access to a computer with an internet connection and Microsoft Teams				
Refresher	This learning should be completed as required				
Minimum learners required	4	Maximum learners required	12	CPD points	1.5