



MOBILE TEAM CHALLENGE

“Winning Behaviours and Attitudes”



**Maintaining Practical &
Healthy Wellbeing**

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Further to your recent enquiry and our telephone conversation today, please find our proposal for an online offering of '**Maintaining Practical and Healthy Wellbeing**'.

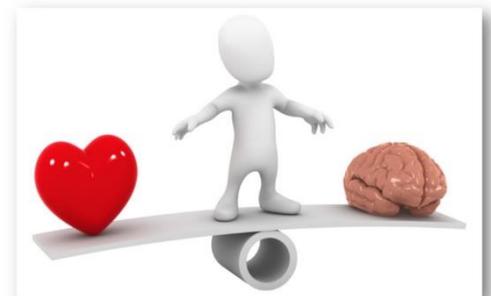
Our face to face or online sessions are usually either 5 x 90-minute online workshops or 7 hours face to face.

The day-to-day pressures for us all are many and varied; from frustrations with 'politics', work or family or relationship issues, increasing deadlines, a growing list of tasks, complications due to covid, all in addition to the usual daily concerns of "life" in general.

This where the "Head or Heart" decision-making processes can sometimes become 'out of balance'. Obviously, the primary concern for us can sometimes be 'work', our children, our families and the "Heart" will lead our decisions, whereas in fact, the "Head" would perform a risk assessment and come to the conclusion that if WE became mentally unwell due to the stress and become unable to work, or care for their children, then they could be left without ANY care, hence the "head" would say "you need to take care of YOURSELF **first**" and this workshop will address how to maintain (or create) a Practical and Healthy Wellbeing for all by providing tips and techniques to lower stress and increase positive attitudes and wellbeing.

The workshop will cover:

- Personal Resolve and Character
- How to increase personal Wellbeing and Resilience
- How to build a practical Support Network
- Mental Safety for the attendees and their families
- How to encourage Positive Attitudes, personally and within their family members
- Creating "Wining Behaviours and Attitudes" and living a purposeful life
- Recognising and reacting to the causes of Stress
- The appliance of "neuro-science" to create positive attitudes
- Harmonising our biorhythms to reduce Stress
- Self-prescribing – having a daily DOSE of "Happy Chemicals" – (**D**opamine, **O**xytocin **S**erotonin & **E**ndorphin)
- How to sustain "Head or Heart" Decision-Making
- An enhanced awareness of the signs of "pandemic-fatigue" or depression – and a knowledge of how to build resilience against them
- Apply PERMA to our lifestyle





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(PERMA is an acronym for a model of well-being put forth by a pioneer in the field of positive psychology, Martin Seligman. According to Seligman, PERMA makes up five important building blocks of well-being and happiness:

- **P**ositive emotions – feeling good
- **E**ngagement – being completely absorbed in activities
- **R**elationships – being authentically connected to others
- **M**eaning – purposeful existence
- **A**chievement – a sense of accomplishment and success)

When we work under pressure for a prolonged period of time, whether it be caused by family situations, COVID-19 or sheer volume of workload with ever critical deadlines – there is a danger that our personal wellbeing and stress resilience will become overwhelmed, and this can sometimes lead to even more serious mental illness.

I would welcome the opportunity to discuss the proposed content of the workshop (below) with you at your earliest convenience.

If, in the meantime, you require any further information from me, please do not hesitate to contact me.

Yours sincerely,

Barry

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The outline of the workshop would look like this.

"It's OK – NOT to be OK"

...or so the currently trending saying states. So there needs to be an acceptance and acknowledgement, without any attached stigma, that we can **ALL** probably benefit from some Wellbeing and Positivity being spoken into our lives and workplaces right now.

✓ **Building Resilience**

We all have days when our plans don't work out as we had thought they would...but it's how we REACT to our setbacks which sets us apart.



In the early days of Yorkshire soprano Lesley Garrett's stellar career, she found it difficult to 'break into' the world of music.

She moved to London, hoping to find her first career break – but quickly found that the streets weren't paved in gold after all. Despite, setback after setback, Lesley wrote to her Mum back in Yorkshire every week listing all of the potential opportunities that each week was bringing...only to write again the following weekend to update

her Mum that none of the opportunities had been successful. One weekend, Lesley received an envelope from her Mum...when she opened it, she found a handful of dirt together with a brief note saying...

"...it sounds as though you're in need of some Yorkshire Grit...so I've sent you some!..."



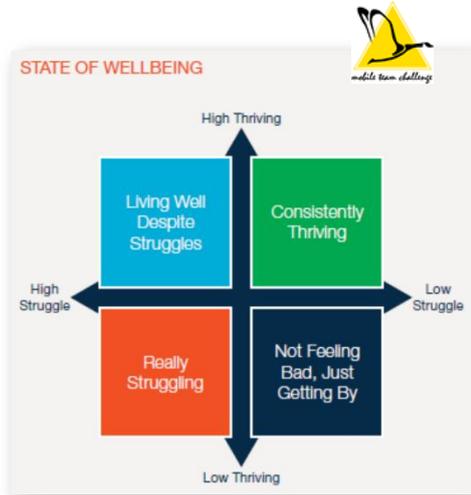
There are times when we ALL feel as if we NEED some 'Yorkshire Grit' to help us get through our personal life right now... this 2-hour workshop will help us identify 'our' depths of "Yorkshire Grit", and it will revive the Personal Resilience within us – that perhaps we didn't know we had!



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✓ **What is our Current State of Wellbeing? –**



Let's be honest...where are we on this chart right now?... are we being truthful...or are we in denial?

Group discussion.

✓ **Are we living Above or Below the Line? - VIDEO**

Similarly in this slide ...are we living ABOVE the line where 'positivity' and 'can-do' mentality thrive ...or are we living BELOW the line where 'criticism', 'victim abuse' and 'negativity' are inhibiting our healthy wellbeing and attitudes. Considering the consequences of living "below the line".

Group discussion.



Video / Breakout Group Discussions and Personal Reflection – Are you living Above or Below the Line?



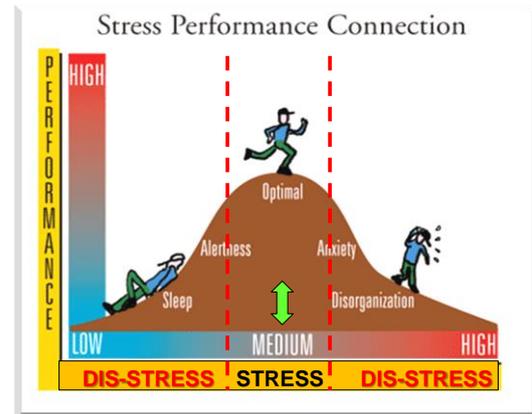
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✓ **What are the Signs and Causes of Stress?**

Quiz – Looking for the tell-tale signs and how to avoid them

Identifying "damaging" stress and "good" stress in our lives



✓ **How to Create Winning Behaviours and Positive Attitudes**

Psychologists have proven the many benefits that a Positive Attitude can have on our lives, in the workplace, in our homes and in our conversations. **Positive Psychology is also highly contagious** – hence a positive parent-carer, will have an enormous positive impact on the person or people that they are caring for – thus enhancing and increasing their quality of life, state of wellbeing and mental health.

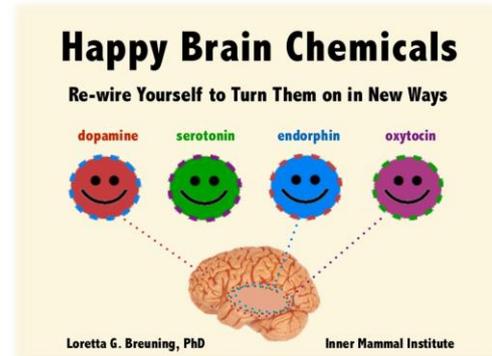


This topic will equip the delegates to; develop, practice, and demonstrate positive mindsets and to pass on their positivity and hope to their colleagues and to the people they are caring for.

✓ **Ensuring our own Mental Health and Positive Wellbeing**

Practical Tips – How to Self-Prescribe a DOSE of "Happy Chemicals"
– To be taken Twice a day

Delegates will learn simple daily activities to ensure that their personal positive wellbeing is maintained



✓ **Applying PERMA to our lifestyles**

PERMA is an acronym for a model of well-being put forth by a pioneer in the field of positive psychology, Martin Seligman. According to Seligman, PERMA makes up five important building blocks of well-being and happiness:

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Practical Wellbeing

The on-line Session will cover -

1. Positive **E**motions, wellbeing & happiness.
2. **E**ngagement with life, love, work & play
3. **R**elationship matters, to know and be known
4. **M**eaning, value and life-story
5. Mission **A**ccomplished, the fruitful life!

PERforMance, Purpose & Pressure



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Delegates will learn leading-edge techniques to develop strengths and virtues such as wisdom, self-control, courage and fairness. They will also learn about 'beyond' mindfulness, Seligman's PERMA concept and compassion and how to be more self-compassionate.

So that's **PERMA**, now lets get going...

P - Positive Emotions

"The greatest discovery of my generation is the fact that human beings can alter their lives by altering their attitudes of mind"
William James "father" of American Psychology



Engagement
with life, love, work & play.



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Relationship Matters

...take a moment to think about the **QUALITY** of your Relationships



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M - Meaning

appreciating our **Personal Values** and having a **Purposeful Meaning** in life



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A - Accomplishment

Accomplishment (and achievement) is fundamental to **Positive Emotions** and sustained **Engagement**. But it also benefits Well-being in it's own right.

Celebrate ALL of your little "Wins!"



Building a Support Network of people that you can Trust

We ALL need a little help at times... 😊



Giving, taking and receiving **Trust**



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Video – Learning all about Supporting Each other – Lessons from the Geese



✓ Learning how to BUILD Resilience and a Healthy Wellbeing



✓ Summarise Personal Goals / Take Aways

✓ Close

This workshop is available in the following formats:

- A 2.5 hour Overview of how to build healthy, emotional wellbeing - @£35.00 + VAT per person
- 5 x 90-minute Zoom modules – with in-depth understanding of positive psychology, stress triggers, heart-brain coherence and PERMA - @ £35.00 + VAT per person per module

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