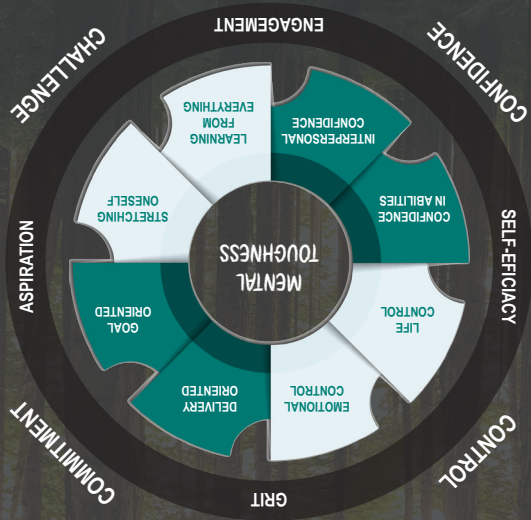




INNER STRENGTH + OUTER ORIENTATION



RESILIENCE
COPING WITH LIFE'S
DIFFICULTIES

POSITIVITY
SEEING AND SEIZING THE
OPPORTUNITY



DEVELOPING MENTAL TOUGHNESS & WELL BEING

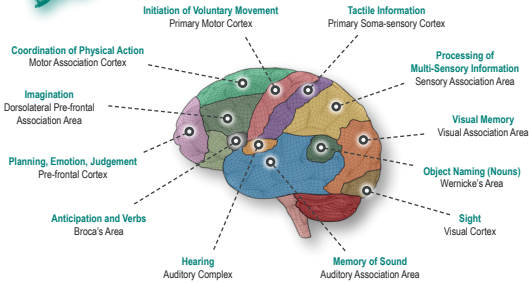
LETS MAP IT OUT

Making sense of the world... in a natural way

MOTIVATION | ATTITUDE | MOVEMENT | BEHAVIOUR



YOUR BRAIN



MENTAL IMAGERY

Tell me about the map in your head that leads your life performance?

ANXIETY

What techniques do you use to utilise your anxiety?

EMOTION

What techniques do you use to utilise your emotion?

CONCENTRATION

What is your mind paying attention to at the moment?

ATTITUDE

How do you maintain perspective between life and work?

GOAL COMMITMENT

Describe your current work/life performance?

PEOPLE

How do you communicate your thoughts, feelings, actions and results?

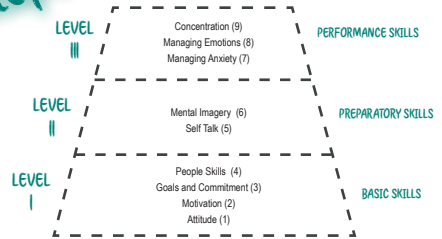
SELF TALK

Explain how you manage your confidence and control?

MOTIVATION

How do you persist through difficult tasks and times?

9 Steps



Maps

Reduce our fear of the unknown

Are our way of making sense of the world

Tell stories of our memories and future

Help organise our knowledge in a fresh way

Are our goals of exploration



THE WILD WORK PLACE

Development Products

Walking With Leaders – Unique Coaching Day
Total Resilience – Full day
Sleep Magic – Half day
The Great Theatre – Full Day
Your Bespoke Mental Toughness/Well-being Map

Goals

Improved Sense of Purpose

Greater Self Belief

Better Decision Making

Enhanced Influence

Clearer Thinking

Mental Toughness Coaching and Mental Skills Training

