

'What's Strong with You?'



A resilience and mental wellbeing workshop

by Matt Robinson & Julia Montague.

'What's Strong with You?' Resilience workshop

Programme overview

The workshop is a mental wellbeing course written and facilitated by Matt Robinson. A mix of experiential exercises, self-reflection, small group work and plenary discussion, it draws on neuroscience and focuses on the mind body connection.

Once this is looked at, we broaden the canvas to look at psychological safety and focus on deep listening exercises. The outcome is that delegates feel more anchored, have a healthier relationship with stress and have positive and practical choices they can make in high pressure moments.

"Matt & Julia were fantastic! Great energy and very engaging – they gave us a personalized experience."

"I will apply the breath exercise every morning and when I feel fear or stress."

"Really enjoyed the training and the delivery was well executed, in accessing which is a difficult and confronting topic."

"Totally relatable examples with actionable solutions clearly communicated from a human perspective."

"We have learned some quick tricks to improve our general wellbeing and face the daily situations with a different mindset/approach."

"I can do it every day and everywhere."

"Essential for everyone in business."

"This programme helped us to win a UK Team of the Year Award this year – not just because we ran it – but because we applied the principles in our day to day work with clients and with each other -and believe me, they DO really work."

Melissa Timperley – Owner, Melissa Timperley Salons

Your facilitators



Matt Robinson is a personal impact specialist with significant experience of working with the world's leading professional services firms in law, accounting, consulting, real estate and financial services, as well as working at Board level with many household name businesses in the UK and internationally. His area of expertise is personal empowerment by tapping into the mind body connection. His passion to help people improve their mental health & resilience led to "What's Strong With You?"

Matt Robinson
Training • Coaching • Facilitation

Masterclass

Research shows us that 72% of the population are experiencing chronic stress

We can't always change the external pressures, but what if we could shift the focus to change our internal environment?

What if we could make some simple tweaks that work with our biology to allow us to access true resilience?

Our masterclass, What's Strong With You gives practical strategies and tips on how to:

- Understand the difference between chronic and acute stress, and toxic & true resilience.
- A quick Stress Test MOT to help us change our relationship with stress
- Understand, manipulate and master our breath to enhance our gravitas & resilience.
- Make positive body language choices which have a positive impact both internally and externally
- Recognise limiting beliefs & thinking traps, and how we then break these to create a healthier, happier & more productive mindset.
- Recognise what you need in order to have psychological safety, adopt a growth mindset & be a high performer.
- Experiential workshop with practical, applicable techniques based in neuroscience.

The Masterclass Workshop approach

The master class combines short, practical interactive exercises, as well as the sharing of successful resilience strategies and approaches. The style means that personal strategies can be implemented on a day to day basis immediately after the programme.

The Results Consultancy

is an award-winning training consultancy with a proven-track record in the professional services – both in the UK and overseas. It specialises in helping professional services firms win high value work through business development training, coaching and hands-on support with live pitches.
www.winningbusiness.net

For more information on the programme contact

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Julia Montague is an NLP Master Coach, who works with businesses from start ups through to SMEs and Corporate Organisations to empower their teams. Her clarity & passion for delivery allow her to “safely shake the worlds” of her clients in a space that is fully supported.





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