STRESS MASTERY

UNLOCK THE FULL POWER OF YOUR BRAIN



Thinking Through

ACADEMY

THE SCIENTIFIC APPROACH TO LEADERSHIP

We are an ILM & CPD Approved Centre, and the only organisation trusted and authorised to deliver NeuroCapability Stress Mastery and Neuroscience of Leadership training across the UK and Europe.

UNLEASH THE POWER OF YOUR BRAIN TO UNLOCK YOUR FULL POTENTIAL AND MASTER STRESS...

Do you want to learn how to master your brain and elevate how you think, improve your wellbeing, and achieve more in your professional and personal life?

If so, you are not alone.

According to a recent global survey, only 23% of employees feel engaged at work, while 44% reported feeling daily stress *(State of the Global Workplace Report (2023) – Gallup)*.

That's why we created Stress Mastery, a training programme that will help you to master your stress and unleash the power of your brain. Whether you are a leader, a manager, or an individual, our programme will equip you with the skills and strategies you need to regulate your emotions and avoid negative emotion contagion.



Audience...

This programme is ideally suited for anyone who wants to:

- Create a psychologically safe and happy workplace environment
- Motivate and energise themself and their team
- Become more effective and productive

> *This programme gave me the tools to transform stress into a strength. My leadership style is more focused, and my team is thriving.*

Sarah L.
Programme Graduate

What You'll Learn...

Our programme is based on six 'Big Ideas' that are supported by extensive research and evidence:

- **Attention and decision-making:** *understanding why your brain drives all behaviour – and why this matters*
- **Managing threat and reward:** *why threat is bad for performance and wellbeing*
- **Managing emotions:** *it's all about self-regulation*
- **Improving attention focus:** *how to be mindful*
- **Reframing your relationship with stress:** *from frazzle to Stress Mastery*
- **Emotional contagion:** *are you lifting up your team or bringing them down?*

Each of these 'Big Ideas' is covered in a separate module, where you will learn practical ideas, models and strategies that you can apply immediately. You will also get access to **resources and exercises** to reinforce your learning and track your progress.



DON'T LET STRESS HOLD YOU BACK FROM REACHING YOUR FULL POTENTIAL...

Join Stress Mastery today and and discover how to elevate your impact with focus and clarity.

By the end of the programme, you will be able to:

- **Understand the causes and effects of stress on yourself and others**
- **Identify and reduce the sources of stress in your life and work**
- **Develop coping skills and strategies to deal with stress**
- **Use stress as a positive force for growth and innovation**
- **Enhance your performance and wellbeing in all areas of your life**



For the first time, I felt seen and supported as a leader. This course changed everything for me.

Emma D.
Women in Leadership Participant


47 days
12/5 - 1/20
45 days
1/2 - 2/15
Milestone
4
2/15/2022
2022
Jan
Feb
2/28/2022
Milestone 5



Stress Mastery

Learn how to master stress with expert guidance and flexible learning

£400 PLUS VAT

This option gives you the best of both worlds: self-paced e-learning and live group sessions, featuring:

- **A warm welcome from your facilitator** and an introduction to the course
- **6 x 1-hour live group calls with your facilitator and peers**, where you will explore and apply the six big ideas of Stress Mastery
- **6 months' unlimited access** to the interactive training materials, including videos and exercises
- **Access to the Stress Mastery online forum**, where you can share your insights and questions with other learners

Stress Mastery In-person

Experience the ultimate stress mastery programme with a dedicated facilitator

PRICE ON REQUEST

This option is ideal for businesses that want to provide their employees with the most comprehensive and engaging stress mastery training, featuring:

- Up to **4 days' intensive training** with a qualified facilitator, either onsite or online, depending on your preference
- **6 months' unlimited access** to the interactive training materials, including videos, resources, and exercises
- **Access to the Stress Mastery online forum**, where you can share your insights and questions with other learners

Thinking Through ...Academy



With some of the most qualified experts in the fields of leadership and applied neuroscience, you'll get an unrivalled educational experience that takes you to new heights and drives your career progression.

LEARN 100% ONLINE

Access from anywhere with online courses.

REFLECTIVE LEARNING

Flexible reflective learning focusing on your work.

PERSONALISED TUTOR SUPPORT

Support from an expert tutor to suit your needs.

PAYMENT PLANS

Spread the cost with available payment plans.

ThinkingThrough... is a trading arm of:

Associate Development Solutions Ltd
Spaces – Pennine Five, Block 2,
1 Tenter Street, Sheffield, S1 4BY

Members of:

ilm Approved Centre

CPD MEMBER The CPD Certification Service

THE INSTITUTE OF LEADERSHIP

EMCC UK Member