



**Master your mindset
Build your resilience**

**22 tools to build a more
resilient, productive and
creative workforce**

State of Mind Online Capability Program



*Content based on delivery of
the face to face program to
over 2000 people*

Our programs are results-oriented and give participants simple and effective tools to reduce the mental interference that stops them performing at their best.

By removing the 'noise', the sometimes incessant chatter of the inner critic, participants can do what they've been trained to do, whatever their field, with heightened focus, productivity and resilience.

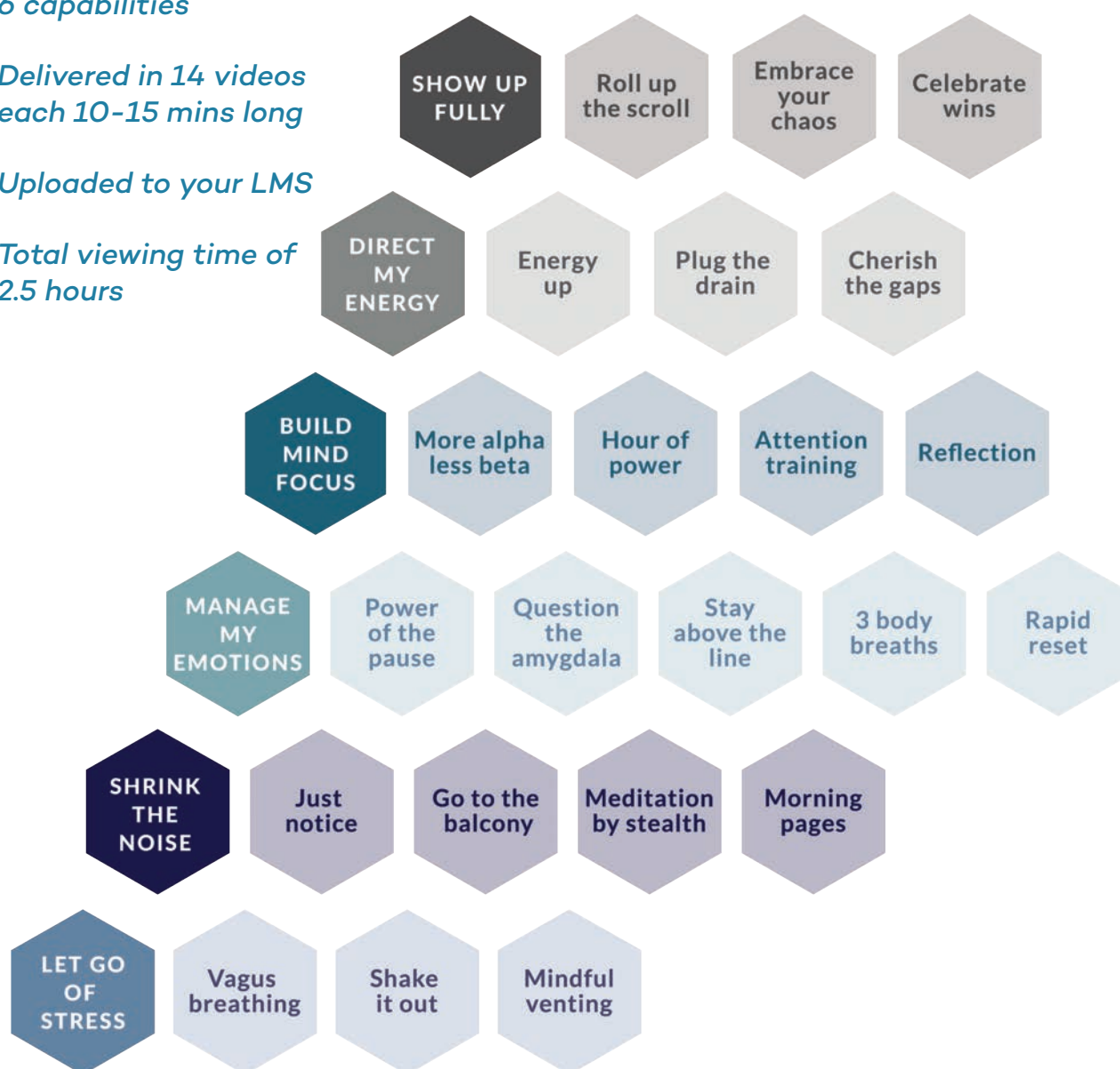
The tools are drawn from 3 sources, western science, elite athletes, and eastern practices. They are very simple and combine body, mind and breath, giving participants an understanding of what's going on physiologically when they're faced with high pressure situations or longterm stress. They develop the capability to respond to what life presents, rather than react and resort to old patterns. Science-based, the suite of tools are integrated into participants' daily routines and provide the ability to move intuitively between desired states of mind.

*22 tools building
6 capabilities*

*Delivered in 14 videos
each 10-15 mins long*

Uploaded to your LMS

*Total viewing time of
2.5 hours*



Clients Who Use Our Tools



The program was commissioned by 3 clients who wanted to get the tools out to more of their staff, having experienced them in face to face leadership programs.



over 3,500 people
trained at
December 2023

Content Delivery

Videos

You receive the video content in a format designed to be uploaded to your Learning Management System. Staff work through the 14 videos which have an average length of 11 minutes each, learning the practices and any science behind each of the 22 tools.

They practice or 'test drive' each tool for as long as they like, before moving on to the next tool. In this way they can take between 3 weeks and 3 months to complete the program, depending on how they choose to consume the bite-sized chunks of information and practices.

Companion Journal

The Companion Journal is customised with a 'welcome' from the appropriate person (your CEO, Director of HR etc) and is delivered to participants either online as an interactive PDF, or as a spiral bound, printed journal that is handed to staff the day the program is launched.

Additional Services

Participants also receive a newsletter once per month with short and practical reminders, including tips, new insights and fresh suggestions on where and when to utilise the tools.

Any required updates on the science are added as it evolves and 1-to-1 assistance is provided with roll-outs of the program to larger firms. For example, one organisation with 10,000 staff requested regular zoom sessions for large numbers of staff (60-80 at a time), plus workshops with various in-house teams as part of their communications strategy to accelerate up-take of the program.



VIDEO #	CAPABILITY	DURATION	22 TOOLS	OUTCOMES
1	Introduction	13 minutes	Overview and where the tools come from	Trust and understanding of the science behind the program.
2	Let go of stress part 1	17 minutes	1. Vagus breathing	Ability to calm the mind and relax the body.
3	Let go of stress part 2	8 minutes	2. Shake it out 3. Mindful venting	Ability to loosen any growing tension in the body. Ability to get something off your chest in a way that respects the listener.
4	Shrink the noise part 1	12 minutes	4. Just notice 5. Go to the balcony	Ability to notice their thoughts and 'noise' level. Ability to gain perspective through an internal shift.
5	Shrink the noise part 2	14 minutes	6. Meditation by stealth 7. Morning pages	Ability to take short 'time outs' to recentre and rest the mind and body. Ability to see the stream of consciousness created by the mind and externalise it.
6	Manage my emotions part 1	16 minutes	8. Power of the pause 9. Question the amygdala 10. Stay above the line	Ability to pause before responding in an upset. Ability to engage the neo-cortex & overcome the fight-flight mechanism. Ability to stay in constructive respectful communication during an upset
7	Manage my emotions part 2	11 minutes	11. 3 body breaths 12. Rapid reset	Ability to lower the volume on the inner critic. Ability to move on and remain productive after an upset.
8	Build mind focus part 1	10 minutes	13. More alpha less beta 14. Hour of power	Ability to be far more productive. Ability to remain uninterrupted by the small stuff.
9	Build mind focus part 2	8 minutes	15. Attention training 16. Reflection	Ability to maintain focus. Ability to consciously learn from the past.
10	Direct my energy part 1	7 minutes	17. Energy up 18. Plug the drain	Ability to shift gear when energy starts to flag. Ability to prevent wasting energy.
11	Direct my energy part 2	5 minutes	19. Cherish the gaps	Ability to avoid blending numerous activities, in order to create clear headspace.
12	Show up fully part 1	11 minutes	20. Roll up the scroll	Ability to be fully present to whatever's in front of you.
13	Show up fully part 2	7 minutes	21. Embrace your chaos 22. Celebrate wins	Ability to see the parts of your job you dislike as competitive advantage. Ability to enjoy and share the enjoyment of the victories along the way.
14	Conclusion	8 minutes	Embedding the tools in your routine	Ability to enact your chosen tools at will, in the natural course of your day.



Total duration: 2.5 hours

Average length of each video: 11 minutes

Your Facilitator

Dr Samantha Graham

Founder and CEO of State of Mind

Her unique IP has brought greater resilience, efficiency and creativity to thousands of people, lifting the performance of countless corporate teams whilst bringing them greater peace of mind in the juggle between home and work.

Her leadership education programs have spanned decades, and she has worked with executive and senior leadership teams across a range of sectors, including banking & finance, FMCG, construction, public transport, insurance, advertising, and broadcasting.

She still marvels at her unexpected prescience in creating her online program – admittedly requested by 3 clients – back in 2018, way ahead of covid, and it is with much gratitude, that she was able to help so many people through the darkest times of 2020.



Image credit: Wolter Peeters SMH @shooterwol

Call me for a conversation on the State of Mind
Online Capability Program and how it
can benefit your staff.

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