

PRIORITY

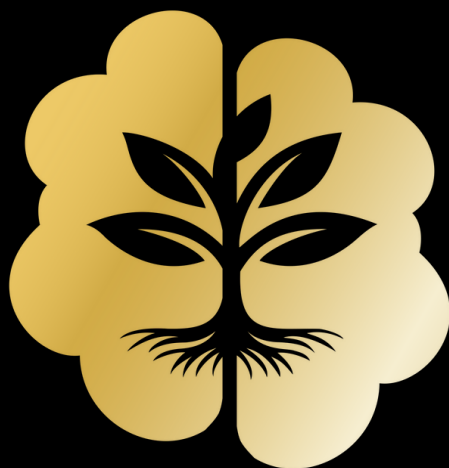
MIND MANAGEMENT

IF IT'S IN THE MIND,
IT CAN BE MANAGED

YOUR MINDS
ARE OUR PRIORITY



THE CPD STANDARDS OFFICE
CPD PROVIDER: 22472
2022-2024
www.cpdstandards.com



PRIORITY
MIND MANAGEMENT



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WE HELP BUSINESSES TO
SUPPORT THE MENTAL AND
EMOTIONAL HEALTH OF
THEIR ENTIRE BUSINESS.

YOUR MINDS ARE OUR
PRIORITY!



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About Priority Mind Management

Welcome to Priority Mind Management, home to leading mind management training and coaching services. We are dedicated to helping businesses support the mental and emotional health of their staff.

At PMM, we believe that mind management is about giving clients the space to be heard while providing them with the tools to help them manage their own mindset, mental and emotional health.

We understand the importance of ensuring that your teams are getting the help and support they need in order to feel safe and comfortable at work. That's why we are here to help businesses say goodbye to negative thinking, anxiety, and stress in the workplace.

We are all about proactive and interventional support, with a strong focus on rebuilding bonds and communication between employees and their employers.

WHAT WE DO

Our priority is ensuring that your employees receive the assistance they need in order to be their best and most productive selves.

We don't believe that anyone deserves to struggle alone with their mental health. We are here to help end the stigma against mental health so that you can build a workplace community and whose members are supportive, understanding, and able to help each other overcome their mental barricades.

We assist businesses in providing support to their workforce in the following areas:

- mental and emotional health
- Overcoming trauma
- ADHD
- menopause
- mindset
- confidence
- work-related performance issues
- Children and Emotional Coaching



We do this through the provision of trainings, workshops and one-on-one mind management coaching. Our fully trained coaches can provide any of these services to your business.

The provision of these services provides multiple benefits. Those benefits work for both the employee, yourself and the business.

Increased productivity and efficiency, improved morale and a better working environment are just some of those benefits.

OUR TRAININGS & WORKSHOPS

Priority Mind Management is a fully accredited training provider, accredited by the Global CPD Standards Office.

Our range of trainings and workshops include: (further details in the pages below)

Mental Health First Aid Certification

- 24 CPD Hours
- £2,997 for a business up to 15 employees per course
- 12 hours live training in person or online & 12 after course coaching
- Exceptionally well received due to the added coaching techniques

Mental Health First Aider Support Package

- 1 session per month per First Aider
- £125/month per person

2-hour Mental Health Workshops for businesses

- £597 each
- £4,997 for full year (1 per month) for £4997

1-hour Mental Health Awareness Workshops (range of 12)

- £697 each
- £4,997 for the year

Courage & Confidence in the Workplace set dates for this through the year

- £2497 for a business up to 10 Employees
- £277 for an individual

Emotional Impact Mind Management Coaching for Leaders and Managers

- £11,997 for a business up to 12 managers per course
- £1197 for an individual (Highly Rated)

PLUS - We offer a fully bespoke service. Tell us your requirements and we will build a training specifically for your business.

We offer the above as individual sessions or in packages. More information below.



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OUR COACHING PACKAGES



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Mind management coaching is a new dynamic for the industry. We are not counsellors and not therapists. We are Coaches with one goal in mind.

That goal is the wellbeing of your workforce.

That wellbeing should not come at a huge cost to the business. Nor should it involve months and months of sessions

for your employees. Mind management coaching is a solution-based approach. We want your teams to be in a great place, both mentally and emotionally, as quickly as possible.

Our approach is different from our competitors. We are different in both the services we provide and how you, as a business, invest in them. We know that you want to support your workforce as well as get a return on investment. Did you know, research shows that for every £1 a business spends on mental health support, the average return on investment is £8.

Rather than pay out money every month for sessions your staff may or may not take, we work differently. We offer bundles of sessions and they are available until used. This way you, as a business, only pays for what you use!

We offer sessions in bundles of 40. Each bundle of 40 sessions costs £4,000 +VAT. We will work with you to determine the correct bundle that is right for the size and needs of your business.

However, don't jump in just yet. We also offer combined Coaching and Training bundles which are the most popular way our current customers prefer to work with us.





COACHING & WORKSHOP PACKAGES

We offer a range of packages to suit all sizes of businesses, from small to large, including: (further details below)

1-hour Mental Health Awareness Workshops + Coaching Sessions

- Monthly online workshops + 10 coaching sessions per month
- £1,549 + VAT per month (40-60 employees)
- Monthly online workshops + 20 coaching sessions per month
- £2,549 + VAT per month (60 - 100 employees)
- Monthly workshops + 50 coaching sessions per month
- £5,549+ VAT per month (100 - 300 employees)

If you have more than 300 employees, we can arrange a suitable package to meet your specific needs.

Scheduling regular sessions for your staff will help to keep their morale and motivation in the right place, leading to an overall better place to work

Mental Health First Aid Certification

Did you know; it is recommended that a business should have one mental health first aider for every ten employees?



Mental Health First Aid is quickly becoming one of the most important positions any business should have. It is right up there with the more traditional physical first aiders in its importance. Any business which truly values its workforce and wants to provide a safe and healthy workplace environment needs to invest in mental health first aiders.

That's where we at Priority Mind Management come in. Our Mental Health First Aid Certification is fully accredited by the Global CPD Standards Office. What does that mean? Well, the Global CPD Standards office also accredits courses from the NHS, the Financial Conduct Authority and The Law Society, to name but a few. This means that you can be assured that the training your mental health first aiders receive will be of the highest standard.

About the Mental Health First Aid Certification

The Priority Mind Management Mental Health First Aid Certification is twelve hours in length. It is split across four x 3-hour sessions that can be across two days or even across four days. We know how hard it can be to release employees for days at a time so we want to make sure it fits in with your schedule.

The training is a mix of theoretical-based and practical, experienced-based work. We include the practical side to ensure that delegates are not only taught about mental health they are also taught how to hold and handle mental health first aid sessions. This practical experience sets us apart from other mental health first aid trainings. We want to ensure that, should the need arise, the delegates are ready and capable to help whoever needs them.

Mental Health First Aid Certification

Mental Health First Aid Certification - continued

To ensure their readiness, the delegates are also required to complete twelve hours of practice sessions with each other outside of the training.

Again, this practical knowledge of being in a session is invaluable. These additional hours also mean that the course contains 24 CPD hours / credits. We truly believe that having this facility within your business should not just be a tick box exercise. The delegates who complete this course will have a full and working knowledge of what it takes to be there and help in the worst of moments.

Client Testimonial:

"The sessions with PMM were upbeat and dynamic but empathetic and engaging throughout. I firmly believe that we will be using Priority Mind Management again in future to the benefit of staff and management and improving overall conversations around mental health. I feel, that unlike some seminars, these sessions left our staff with practical steps that they could implement in their own situations as well as some really thought provoking conversation starters."

Catherine Routh, Blevins Franks



For further details or to book your Mental Health First Aid Certification, get in touch today.

Half Day trainings Workshops



As an Accredited Training Provider of the Global CPD Standards Office, you can be assured of the highest standard of training.

3 hour Workshops Include:

- General mental and emotional health awareness
- Anxiety awareness
- Stress awareness
- Depression awareness
- Communication skills
- Confidence building
- Procrastination breakthrough
- Burnout awareness
- Create your own mental health workout
- Overcoming overthinking
- The Power of Identity in the Workplace
- Menopause in the workplace
- Mental Resilience
- Empowered mindset
- Using the PALM emotional health framework
- 'Thinky Bingo' - the thought virus game
- Self-esteem and self-worth breakthrough
- Emotional intelligence workshop

PLUS - We offer a fully bespoke training experience. If there is any specific subject in the area of mental and emotional health, mindset or mental performance that you would like building, we will do it for you.

"Regular workshops keep the conversation flowing and good mental health at the forefront of your business"

Bespoke Trainings made for your Business needs



As an Accredited Training Provider of the Global CPD Standards Office, you can be assured of the highest standard of training.

At our company, we understand the importance of providing various trainings to cater to different needs and preferences. We offer online trainings that are up to 3 hours in length, providing a convenient and flexible option for individuals who prefer to learn from the comfort of their own homes suitable for Hybrid Working situations.

These online trainings are priced at £647 + VAT, ensuring that they are affordable and accessible to a wide range of individuals.

For those who prefer a more hands-on approach, we also provide in-person trainings at a daily rate of £987 + VAT. This option allows participants to engage in face-to-face interactions and receive personalized attention from our experienced trainers.

We are dedicated to delivering the best training experience to our clients, which is why we are willing to travel to their businesses to provide the elite training that meets their specific needs.

Furthermore, we take pride in offering fully bespoke training experiences. If there is a specific subject in the areas of mental and emotional health, mindset, or mental performance that you would like to focus on, we can accommodate that request. We understand that every business is unique and may have specific training requirements, and we are committed to tailoring our trainings to meet those needs. Whether it's building a custom training program or incorporating specific topics, our team will go above and beyond to ensure that you receive the training you desire.

"Regular workshops keep the conversation flowing and good mind management at the forefront of your business"

Other Available Training

A 12 month Contract Coaching and Training
this includes

8 Trainings for the year to be used when you require a training to suit your business needs and additional one on one coaching sessions for your 50 Sessions for your Employees and Leaders

This is a 12 month Subscription.

£1000 + Vat per month Minimum Sign up is 12 month

We also have a retainer Subscription Lower cost @ £300 Per month and you get a direct access to booking our coaches for £150 +vat per session and you will get a 7 day lead on a coach with a booked session for your leaders staff and employees.
Only Pay for what you use.

Courage and confidence in the workplace

When your staff has the courage and confidence it needs, your business thrives. This 5-part training will help them discover their own courage and confidence and how to apply it at work.

Having a workforce brimming with courage and confidence brings many benefits; improved morale, increased efficiencies and productivity and a generally healthier workplace.

Improving courage and confidence in your workplace will also bring the benefit of improved mental and emotional health.

The investment for your workforce for this 5 part training is just £2,497



Working with Children & Adults

Mind Management coaching for children and teachers

Priority Mind Management is a leading provider of comprehensive solutions for individuals of all ages. What sets us apart in this increasingly crowded field is the diverse background and unique training of our coaches, which enables us to deliver the modality of mind management that counsellors and therapists often cannot.

Our team of coaches is composed of individuals who have previously worked in various fields, including teaching, social services leadership, corporate leadership, financial management, soliciting, and parenting. This rich blend of experiences allows us to bring a wide range of expertise to our coaching services.

By combining the knowledge and skills gained from these diverse professional backgrounds with our purpose-driven approach to emotional well-being coaching, we prioritize the mental health of our clients, whether they are staff members, students, or teachers. We firmly believe that no one should have to struggle with mental or emotional health challenges, especially when these challenges arise from trauma or misdiagnoses.

At Priority Mind Management, we are dedicated to helping our clients move forward more efficiently and without the burden of stigma.

Through our specialized coaching, we empower individuals to overcome their mental and emotional obstacles, allowing them to lead happier and more fulfilling lives.

All of our coaches are DBS Checked.

We make your Minds a Priority!



Other Available Training

Impact Leadership emotional understanding coaching for leaders and managers

Do you want your managers and leaders to understand their staff at a deeper level? Our mind management coaching for leaders and managers course will help them do just that.

Your leadership and managerial teams will:

- Understand their staff's mental and emotional health
- Be able to identify the reasons for, and overcome, poor performance
- Uncover their key motivators
- Improve moral, efficiency and productivity
- Create a better workplace environment
- increasing communication

This certification level course is accredited by the Global CPD Standards Office. With both theoretical and practical based learning, you can be assured that your leaders and managers will get the knowledge they need.

Understanding why people do the things they do gives your teams an edge. It enables them to discover what works best for each member of their team and encourage them to excel.

This course is run for a maximum of 12 people with an investment of £1197 +vat for a business or £997+vat per individual.



What our customers say

"As part of our ongoing commitment and work to support the wellbeing of our colleagues, Priority Mind Management were recommended to us. Since starting work with them at the beginning of the year they have now supported 20% of our team with 1 to 1 sessions. Feedback from those that they have supported has been very positive and, as such, we have decided to continue the service as part of our ongoing wellbeing offer so that everyone can access their support whenever they need to. We are also discussing additional ways in which PMM can support Almond given the positive feedback. The practical nature of their approach is both quick and effective and having been one of the 20% at Almond who have benefitted from using their services I would not hesitate to recommend them."

John Davidson, Almond Housing Association

"I've been working with Priority Mind Management for 6 months. We work together on my Mind Management to help me personally and in my job. It has been extremely beneficial to both areas with their Coach suggesting some practical changes to help me manage my own tasks and the people that report to me more effectively.

It's the first time I've ever had any coaching like this, so I wasn't sure what to expect. Their Coach's style and approach put me instantly at ease, however, and we've been able to make good progress together.

My employer set all this up and pays for it, so it's a great free, valuable service for me as an individual that I really appreciate. It shows that my employer cares about the team's mental and emotional health."

Martin, Inspire Digital

Thank you, we
look forward to
supporting you
and your team

Email:

info@prioritymindmanagement.com



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